

SEE. MAKE. EAT.

SEE. MAKE. EAT.

VISIT...

LANZAROTE
Caliente.COM

SEE. MAKE. EAT.

SEE. MAKE. EAT.

PICTURE COOK

SEE. MAKE. EAT.

KATIE SHELLY



Ulysses Press

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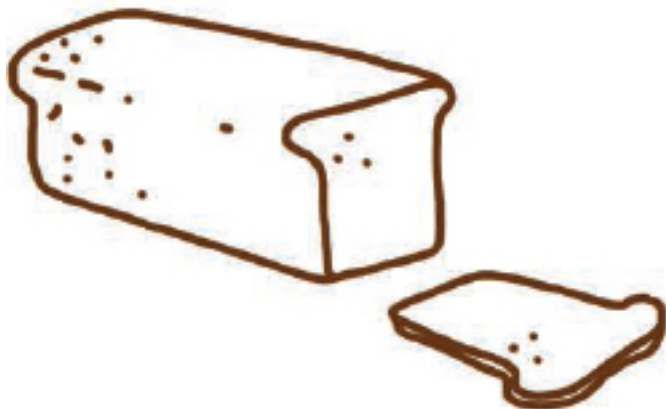
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About the Author

Conversions



EVERYTHING YOU NEED TO COOK GREAT FOOD IS RIGHT HERE. START WITH THE LEGEND AND BASIC TECHNIQUES TO ORIENT YOURSELF WITH THE WAY THIS BOOK WORKS. THERE'S ALSO A METRIC CONVERSION PAGE IN THE BACK IF YOU NEED IT.

AND REMEMBER-THE FOLLOWING RECIPES ARE NOT INTENDED AS PRECISE CULINARY BLUEPRINTS. INSTEAD THEY ARE MEANT TO INSPIRE IMPROVISATION, EXPERIMENTATION AND PLAY IN THE KITCHEN.

HAVE FUN & BE FREE!

– *Katie*

LEGEND

NO
HEAT



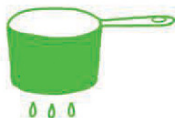
LOW
HEAT



MEDIUM-
LOW
HEAT



MEDIUM
HEAT

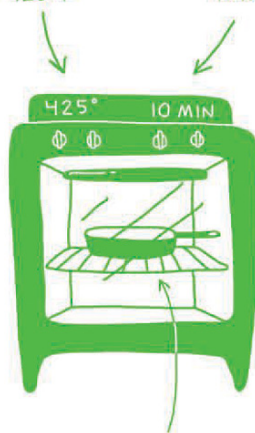


HIGH
HEAT



PREHEAT
OVEN TO
425° F

BAKE
FOR
10 MIN



SAUTÉ PANS
IN THE OVEN
ARE ALWAYS
CAST-IRON OR
SOMETHING THAT
SAYS 'OVENPROOF'

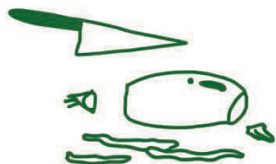


START WITH
THE LOWEST
SETTING &
WORK YOUR
WAY TO THE
HIGHEST



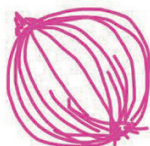
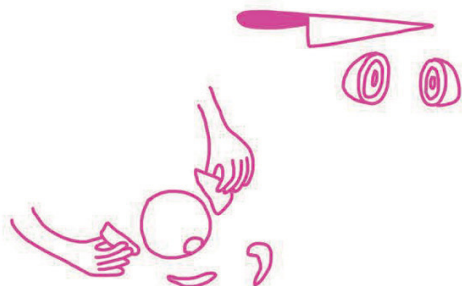
WHEN NO
MEASUREMENT
IS GIVEN,
AMOUNT IS
"TO TASTE"

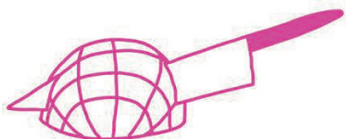
BASIC TECHNIQUES: MINCE GARLIC



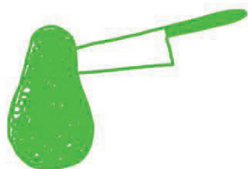
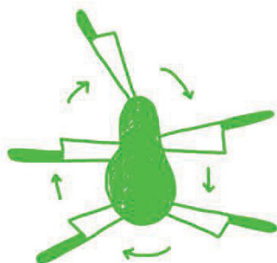


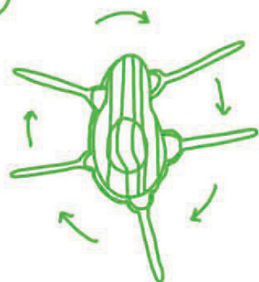
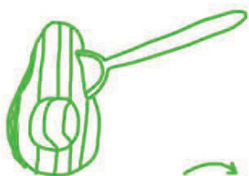
BASIC TECHNIQUES: CHOP ONION



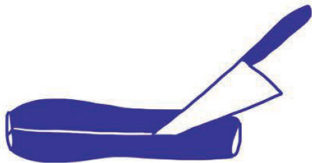


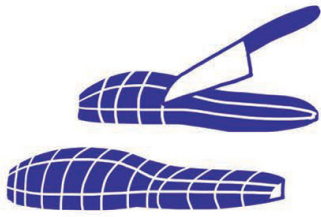
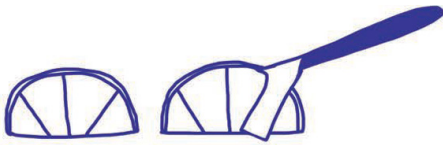
BASIC TECHNIQUES: SLICE AVOCADO





BASIC TECHNIQUES:
DICE ROUND THINGS

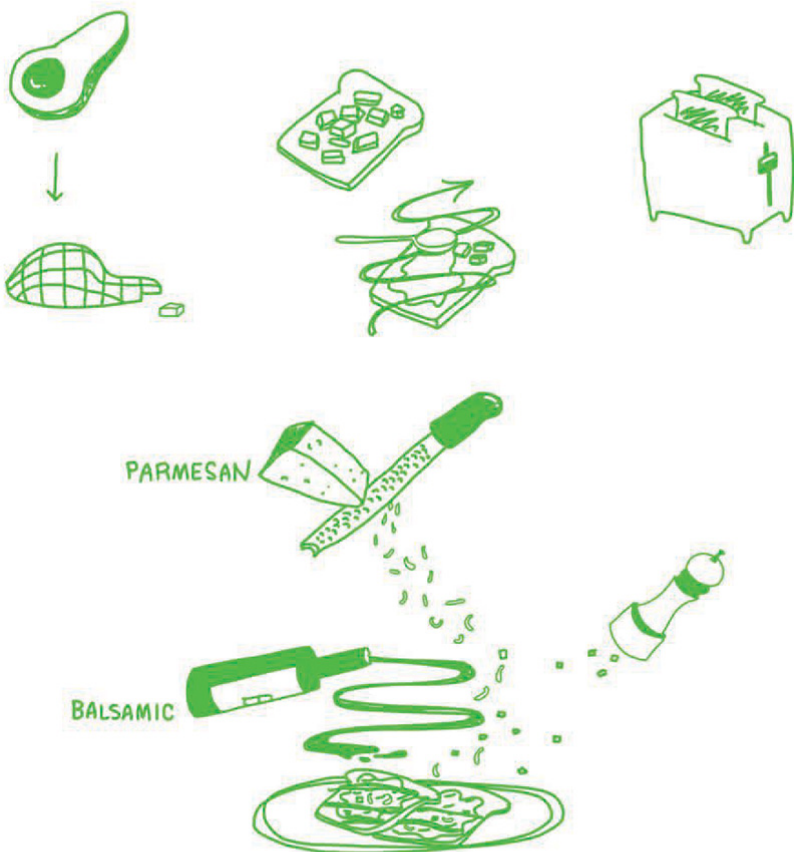






BREAKFAST

AVOCADO TOAST



AVOCADO



ANY TYPE
OF BREAD



PARMESAN
CHEESE

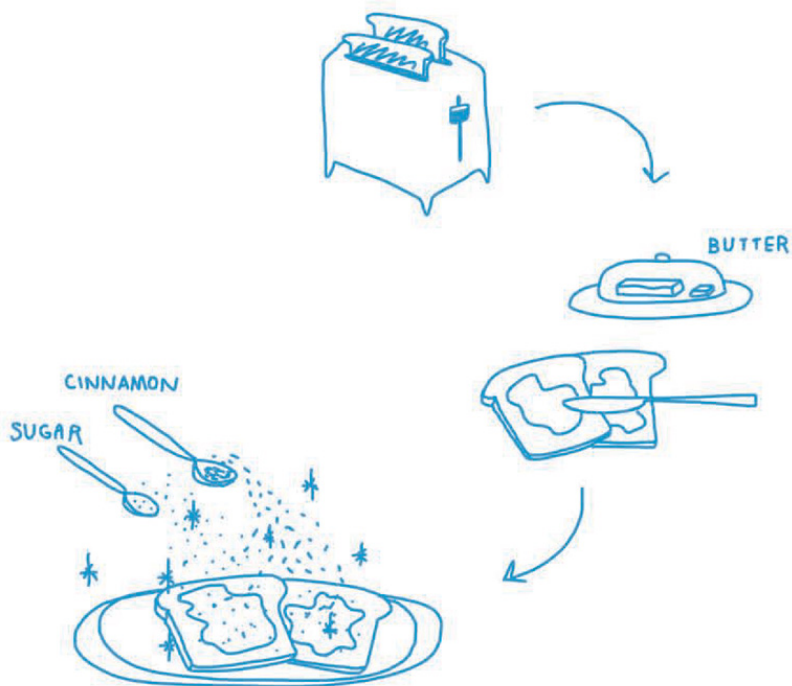


BALSAMIC
VINEGAR



PEPPER

SPARKLE TOAST



ANY TYPE
OF BREAD



BUTTER

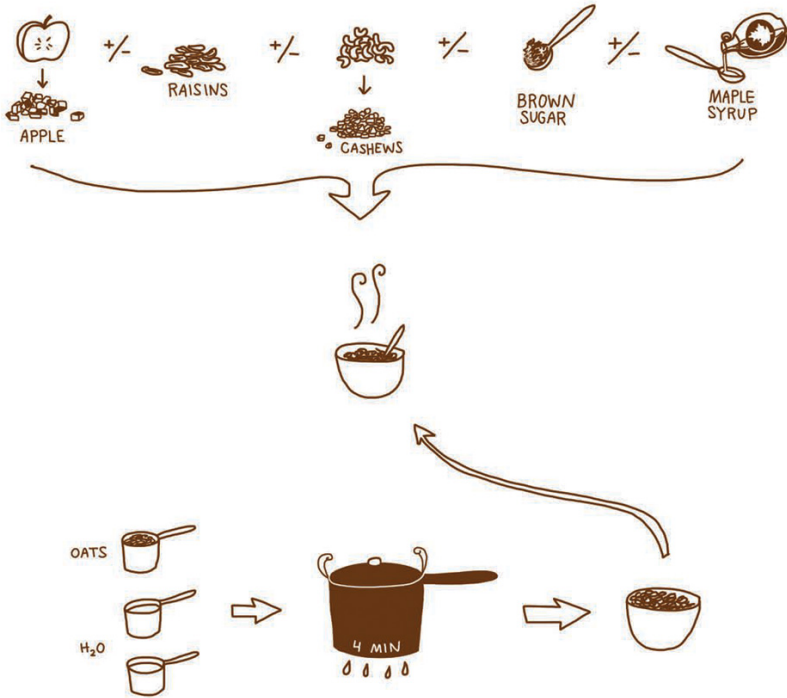


SUGAR



CINNAMON

MAGIC OATMEAL



1 CUP
OATS



2 CUPS
WATER



1/2
APPLE



RAISINS



CASHEWS
OR CASHEW
BUTTER



BROWN
SUGAR



MAPLE
SYRUP

HOME FRIES

POTATO



2-3 POTATOES,
PEELING OPTIONAL



3/4 STICK BUTTER,
DIVIDED



1 ONION



1 BELL
PEPPER



1 CHILE



SALT &
PEPPER



DASH OF CUMIN
& PAPRIKA

THOUGHTS ON OMELETS

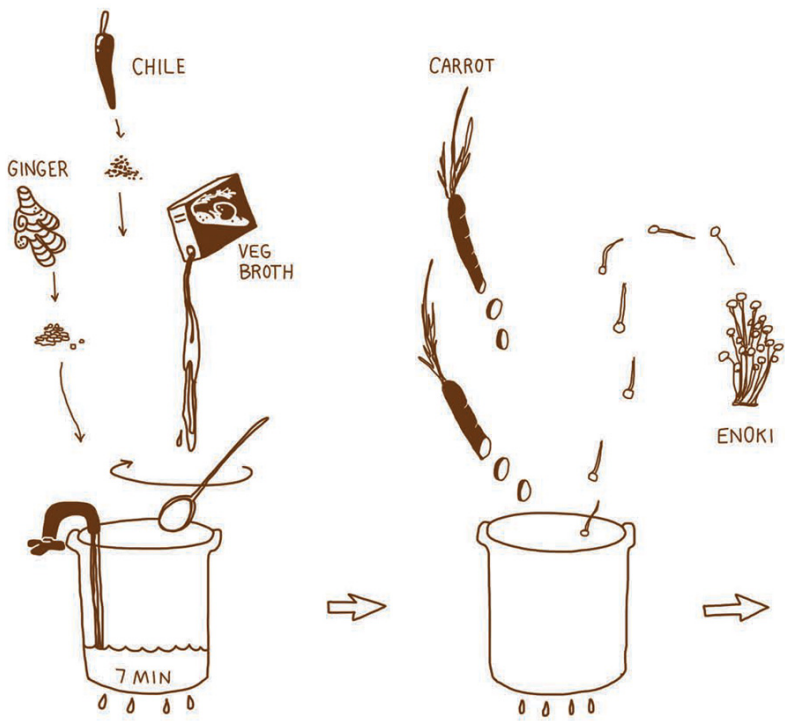






SOUPS & STEWS

THUNDER SOUP



ABOUT
4 CUPS
WATER



1/2 CUP
MINCED
GINGER



1 CHILE



4 CUPS
VEG BROTH



2 CARROTS

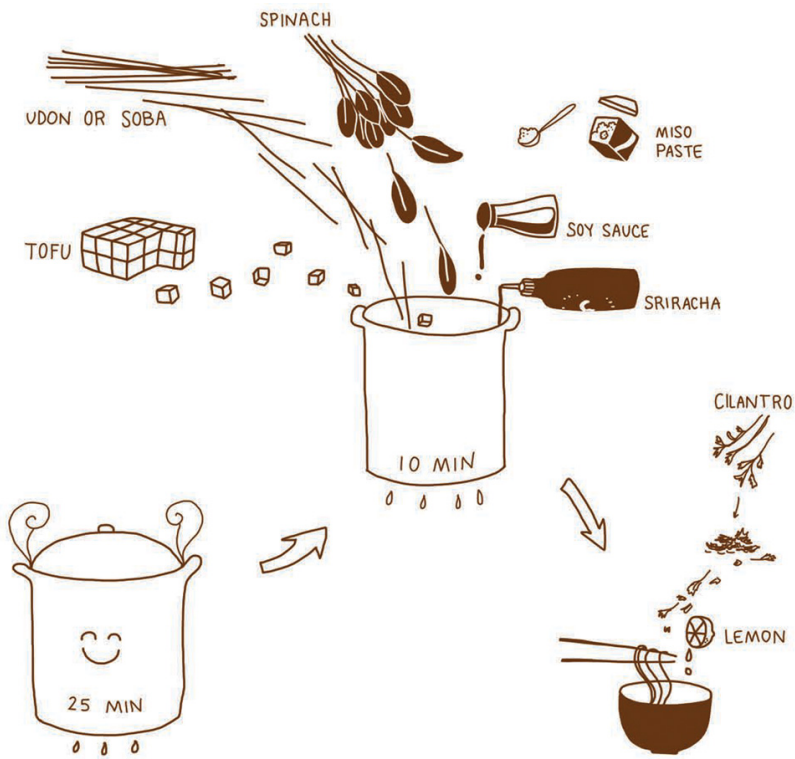


2 CUPS
ENOKI
MUSHROOM

OR



2 CUPS
ANY
MUSHROOM



1 BOX
FIRM TOFU



1/2 BAG
UDON OR
SOBA NOODLE



1 BUNCH
SPINACH



2 TBS
MISO
PASTE



GENEROUS
SPASH OF
SOY SAUCE



SQUIRT
OF SRIRACHA



HANDFUL
CILANTRO

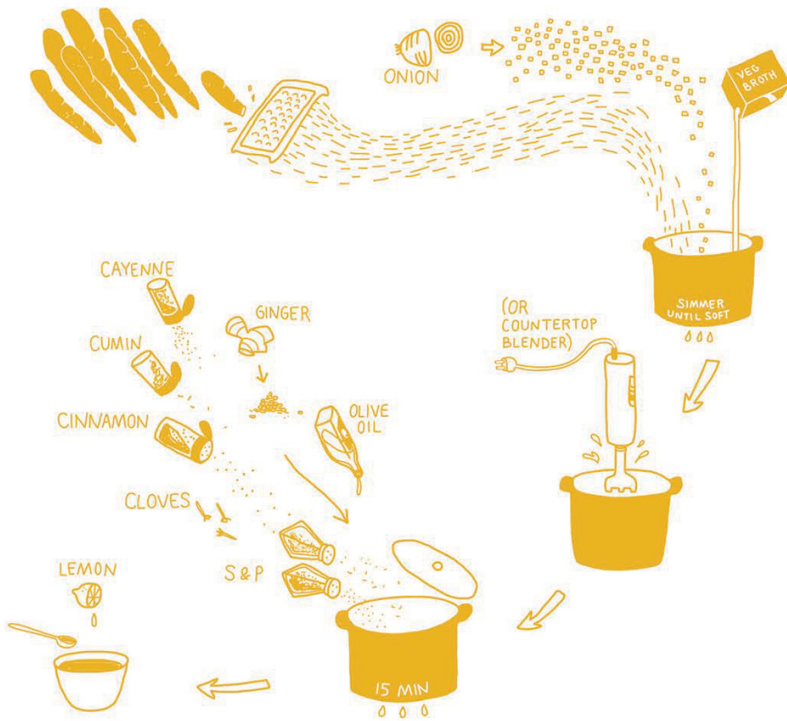


1/2 LEMON

IDEA FOR TOMORROW:
THE LEFTOVERS OF THIS
CARROT SOUP WILL GET
THICKER AS THE DAYS GO BY.
YOU CAN ADD WATER &
REHEAT, OR YOU CAN LEAVE
IT THICK AND SERVE HOT
ATOP RICE OR QUINOA.



CARROT SOUP



7 OR 50
BIG CARROTS



1 ONION



3 CUPS
VEG BROTH



1 TSP-ISH CUMIN,
CAYENNE, CINNAMON



3/4 CUP
MINCED
GINGER



3 ISH
CLOVES



3 TBS
OLIVE OIL



SALT &
PEPPER



1 LEMON

GAZPACHO



3
CUCUMBERS



7-ISH BIG
TOMATOES



1/2 RED
ONION



3 CLOVES
GARLIC



HANDFUL
BASIL



1/4 CUP
OLIVE OIL

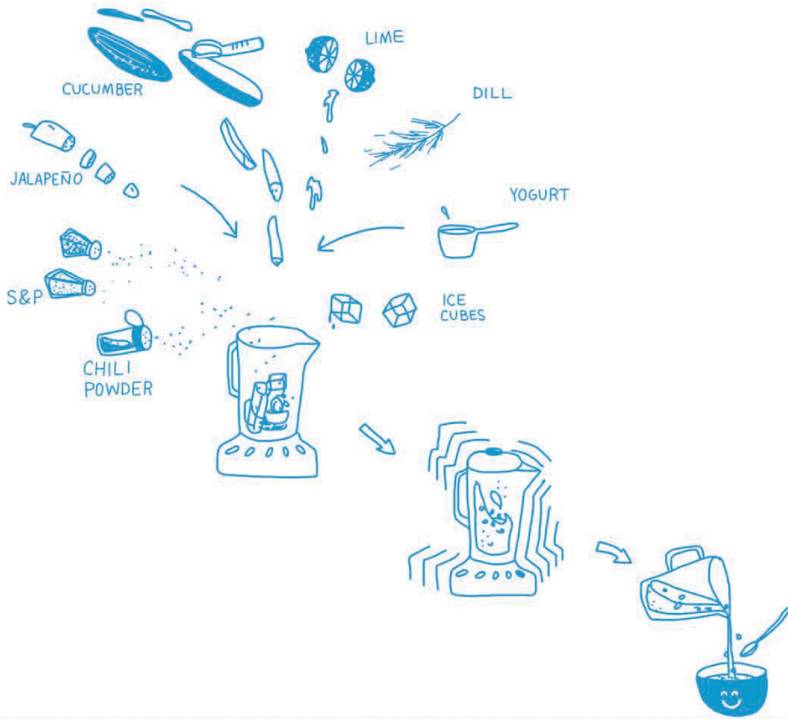


1/2 CUP
RED WINE
VINEGAR



DASH OF CUMIN,
SALT & PEPPER

COOL AS A CUCUMBER SOUP



3 ICE
CUBES



3 CUCUMBERS



1 LIME



1 JALAPEÑO



HANDFUL
DILL



1 CUP
YOGURT
(OPTIONAL)



HANDFUL
ALMONDS

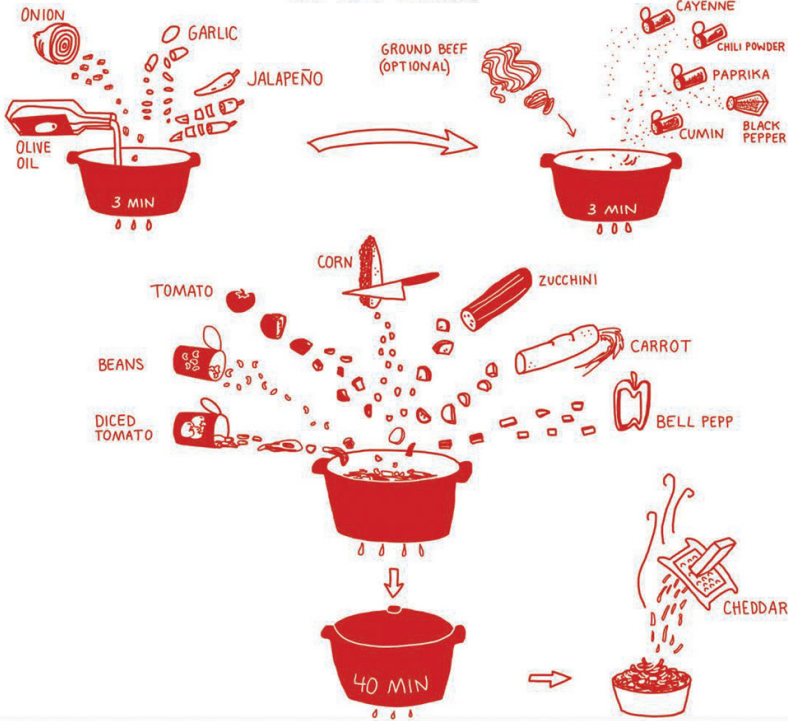


DASH OF
CHILI
POWDER



SALT &
PEPPER

SPICY CHILI



OLIVE OIL



1/2 ONION



3 CLOVES GARLIC



3 JALAPEÑOS



1 TSP EACH CUMIN, PEPPER, PAPRIKA, CAYENNE & CHILI POWDER



15 OZ DICED TOMATOES



15 OZ ANY BEAN



2 TOMATOES



1 EAR CORN



1 ZUCCHINI



1 CARROT



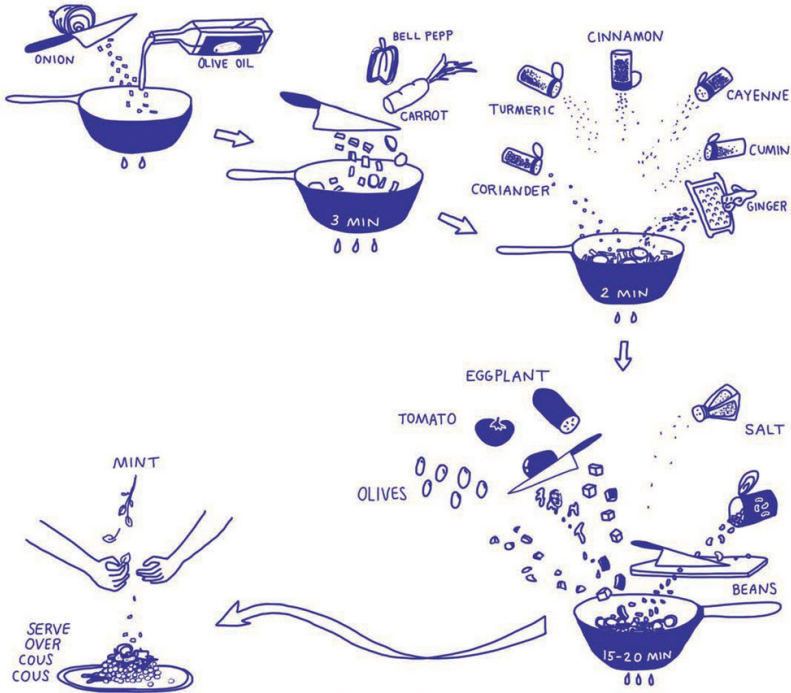
1 RED BELL PEPP



1/2 BLOCK CHEDDAR

NORTH AFRICAN STEW

ADAPTED FROM
NORECIPES.COM



OLIVE OIL



1/2 ONION



1 BELL PEPPER



1 CARROT



DASH CORIANDER
CAYENNE, TURMERIC,
CINNAMON, CUMIN, SALT



2 TBS GRATED GINGER



HANDFUL GREEN OLIVES



2 TOMATO



1 CHINESE EGGPLANT



15 OZ BEANS
ANY KIND

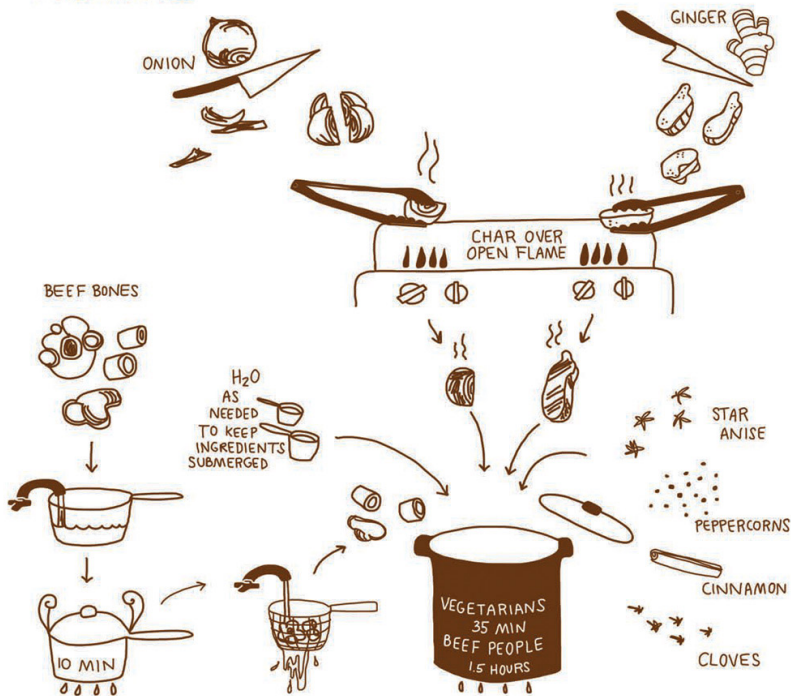


SPRIG MINT



COUS COUS

PHO REAL



1/2 POT
WATER



1 ONION



1 HAND
OF GINGER



3-5 LBS
BEEF OXTAIL, KNUCKLE
AND/OR MARROW BONES

OR



32 OZ
VEG BROTH



ABOUT 4
STAR ANISE



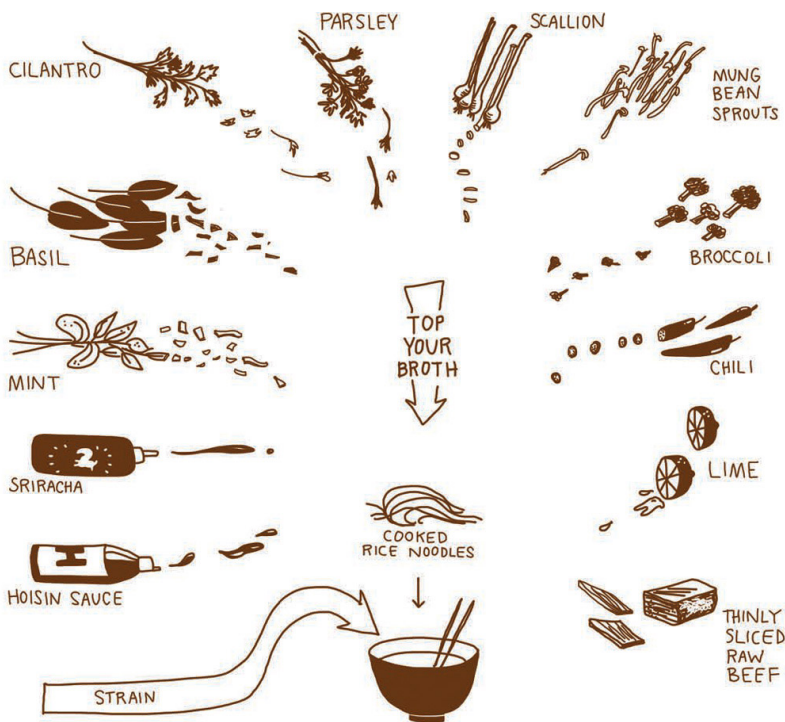
ABOUT 12
PEPPERCORNS

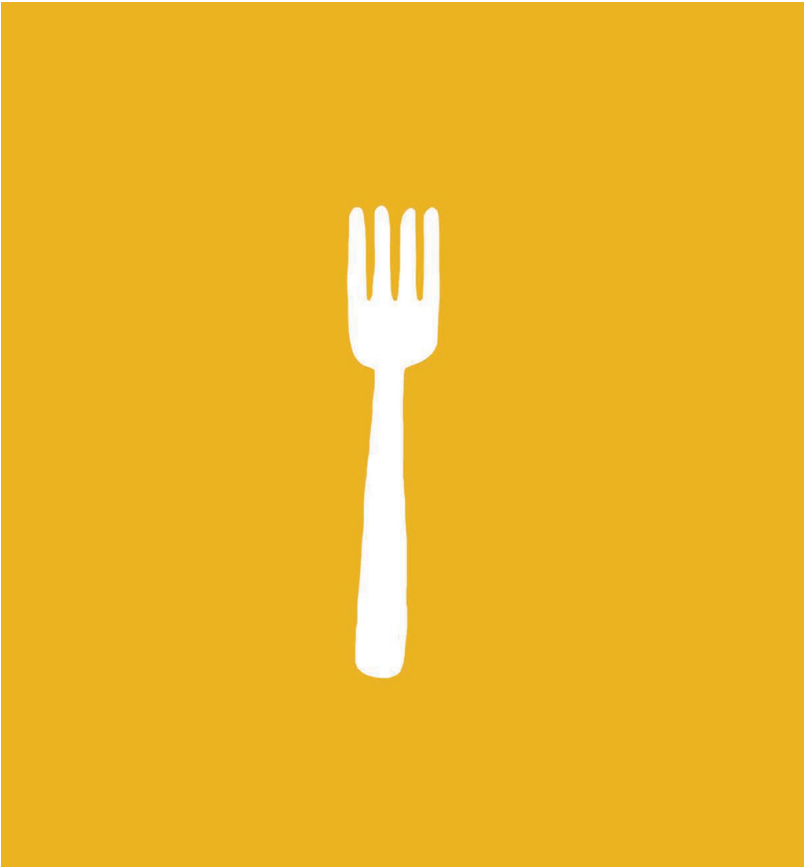


1 CINNAMON
STICK



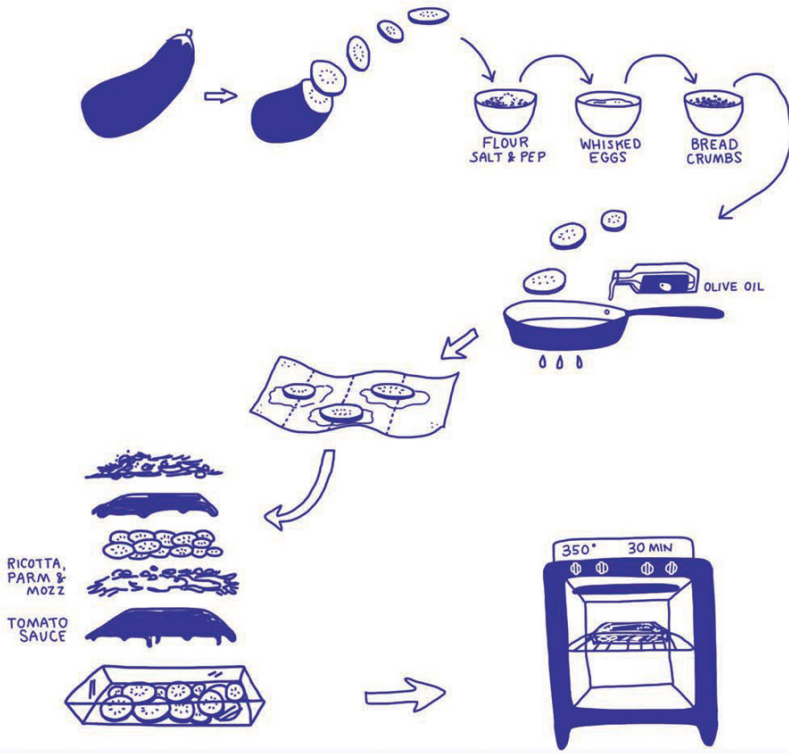
ABOUT 4
CLOVES





HEFTY MEALS

EGGPLANT PARMESAN



1 LARGE
EGGPLANT

2 EGGS

1/2 CUP
FLOUR

SALT &
PEPPER

2 CUPS
BREAD
CRUMBS

OLIVE
OIL

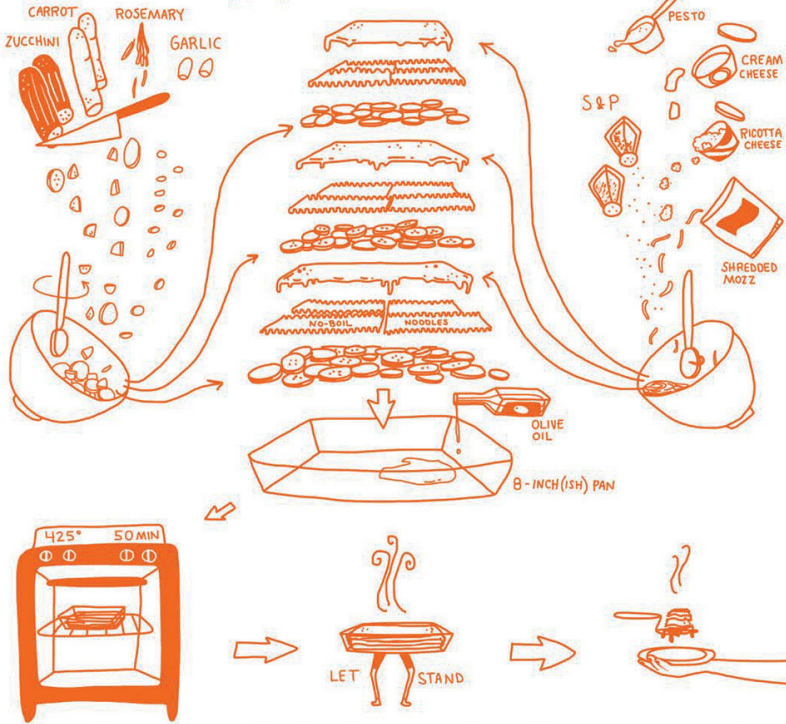
14 OZ
RICOTTA

2 CUPS
GRATED
PARMESAN

6 OZ
SHREDDED
MOZZARELLA

24 OZ
TOMATO
SAUCE

WHITE LASAGNA



2 ZUCCHINI



2 CARROTS



1 SPRIG ROSEMARY



2 CLOVES GARLIC



1 CUP PESTO (OPTIONAL)



7 OZ CREAM CHEESE



14 OZ RICOTTA CHEESE



2 OZ SHREDDED MOZZARELLA



S & P

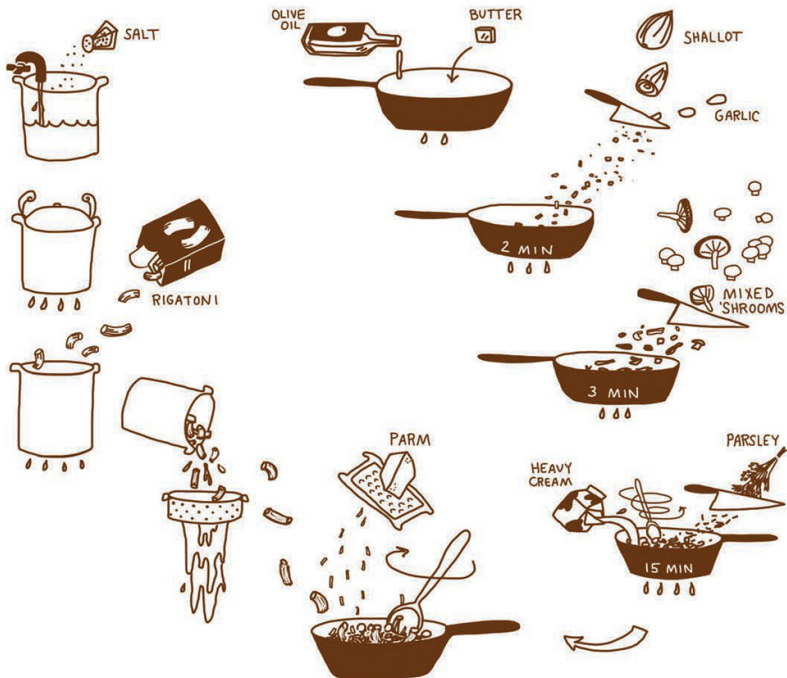


NO-BOIL LASAGNA NOODLES



2 TBS OLIVE OIL

TRAVIS'S MUSHROOM RIGATONI



3 TBS
BUTTER



OLIVE
OIL



2
SHALLOTS



3 CLOVES
GARLIC



1 1/2 LB SHITAKE
& CREMINI
MUSHROOMS



1
BUNCH
PARSLEY



1/2 PINT
HEAVY
CREAM



PARMESAN

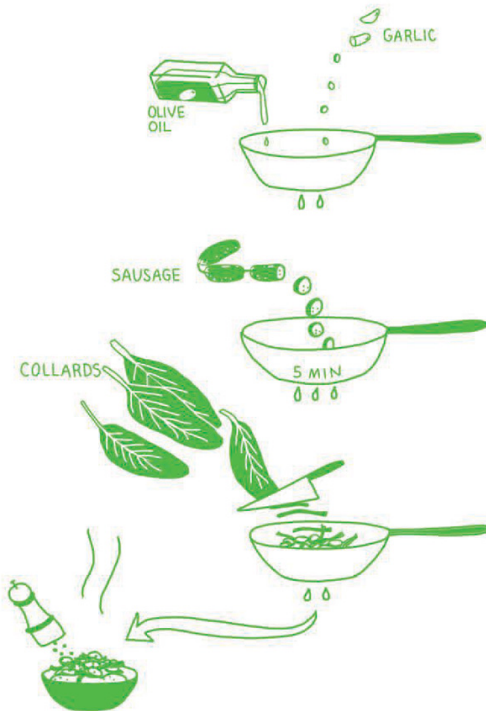
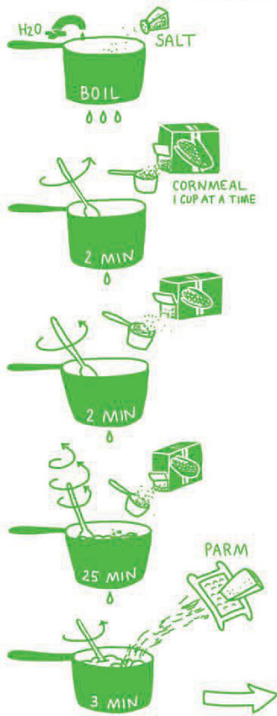


SALT



3/4 BOX
RIGATONI

COMFORT POLENTA



4 1/2 CUPS
H2O



1 1/2 CUPS
CORNMEAL



OLIVE
OIL



3 CLOVES
GARLIC



3 LINKS
SAUSAGE
(ANY TYPE)



1/2 BUNCH
COLLARDS

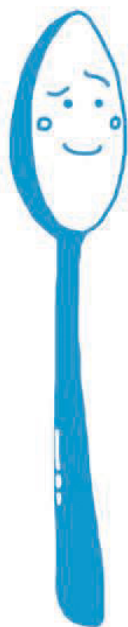


3/4 CUP
GRATED
PARMESAN



SALT &
PEPPER

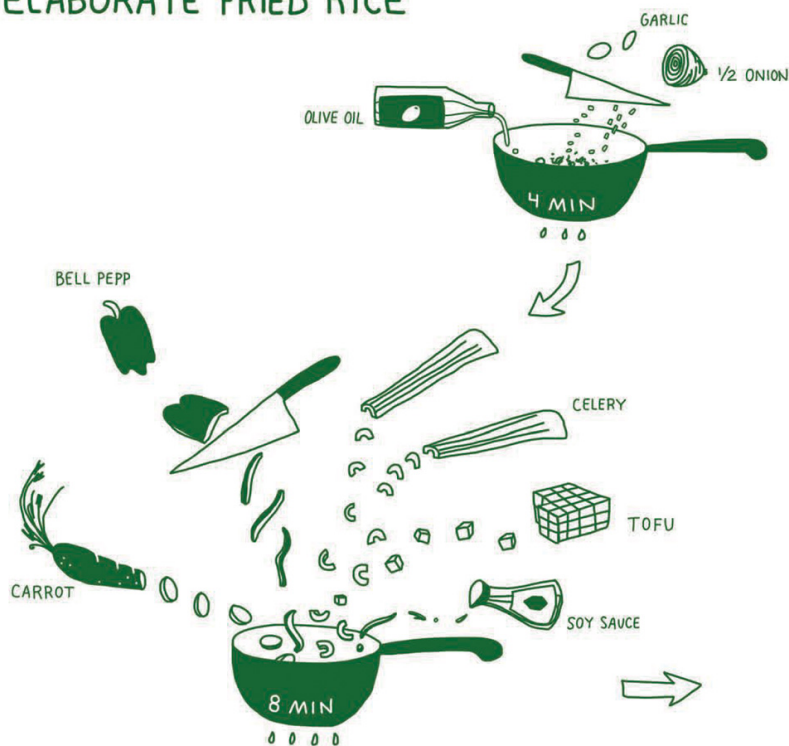
THE VERY BEST WAY
TO PEEL GINGER IS
WITH THE EDGE OF
A SPOON. IT COMES
RIGHT OFF.



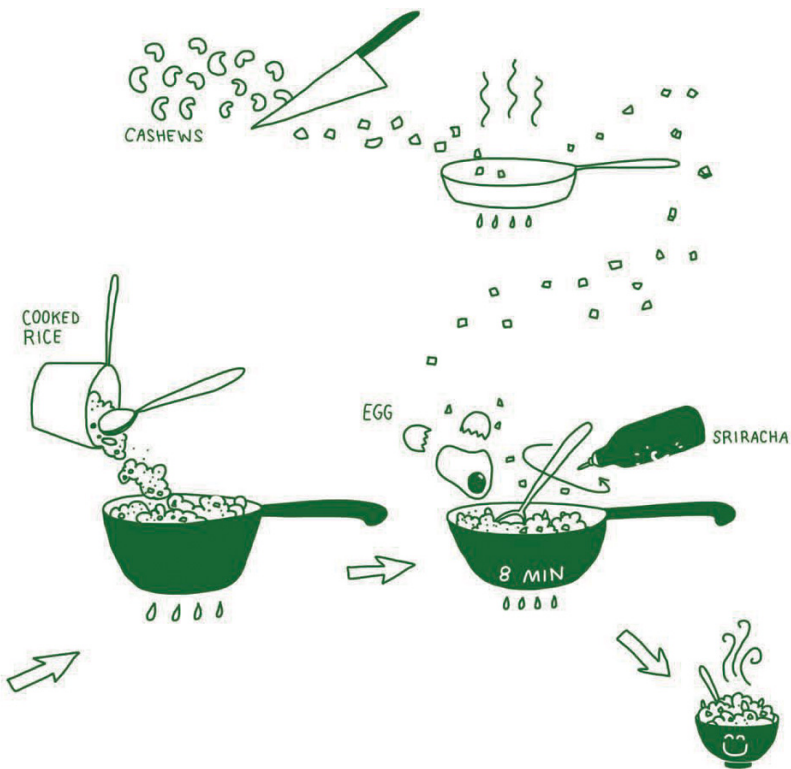
CHANA MASALA



ELABORATE FRIED RICE



- | | | | | | | | |
|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |
| OLIVE OIL | 2 CLOVES GARLIC | 1/2 ONION | 1 BIG CARROT | 1 BELL PEPPER | 2 STALKS CELERY | 1 BLOCK FIRM TOFU | 4 TBS SOY SAUCE |



BIG HANDFUL
CASHEWS

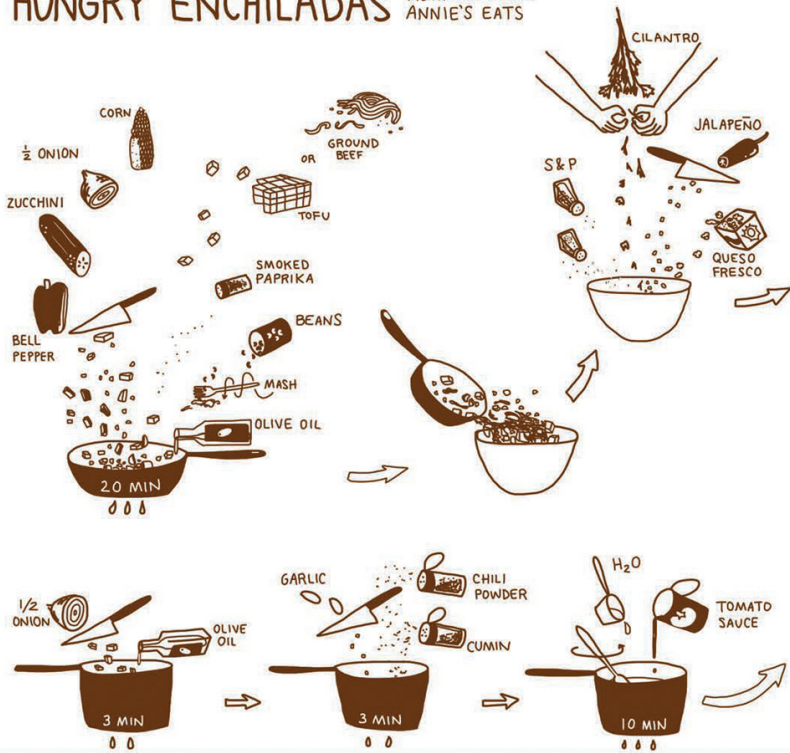
4 CUPS
COOKED
RICE

1 EGG

2 TBS
SRIRACHA

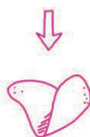
HUNGRY ENCHILADAS

ADAPTED FROM
ANNIE'S EATS



- | | | | | | | | | | |
|-----------|-----------------|--------------|---------|----------------------|---------------------|-----------------------------------|-------------------|---------------|------------------|
| | | | | | | | | | |
| OLIVE OIL | 1/2 BELL PEPPER | 1/2 ZUCCHINI | 1 ONION | 1 EAR OR CAN OF CORN | DASH SMOKED PAPRIKA | 1/2 LB GROUND BEEF OR TOFU/BEITAN | 15 OZ BLACK BEANS | SALT & PEPPER | 1 BUNCH CILANTRO |

THOUGHTS ON TACOS





LIME



RED ONION



GUACAMOLE



MANGO



PEANUT



JALAPEÑO



SAUTÉED CORN



ARUGULA



CILANTRO



LETTUCE



CUCUMBER



QUINOA



GRAPEFRUIT



PINEAPPLE



FRIED SWEET PLANTAINS



CHUNKS OF COOKED LOBSTER OR GRILLED SHRIMP



GRILLED FISH



BACON

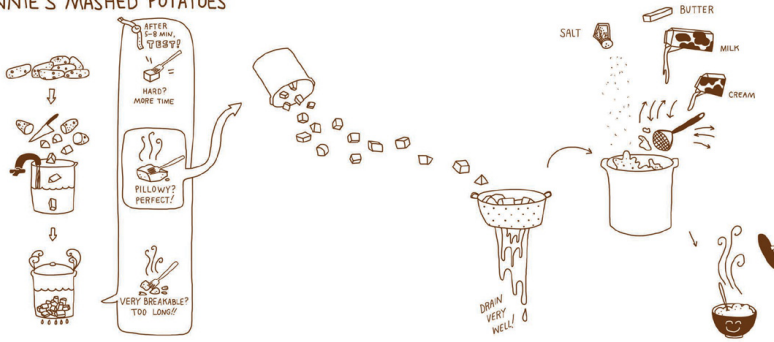


Illustration by: @michellebakerart



SIDES & SALADS

ANNIE'S MASHED POTATOES



5 LBS. POTATOES
PEELED AND UNPEELED (UP TO YOU)

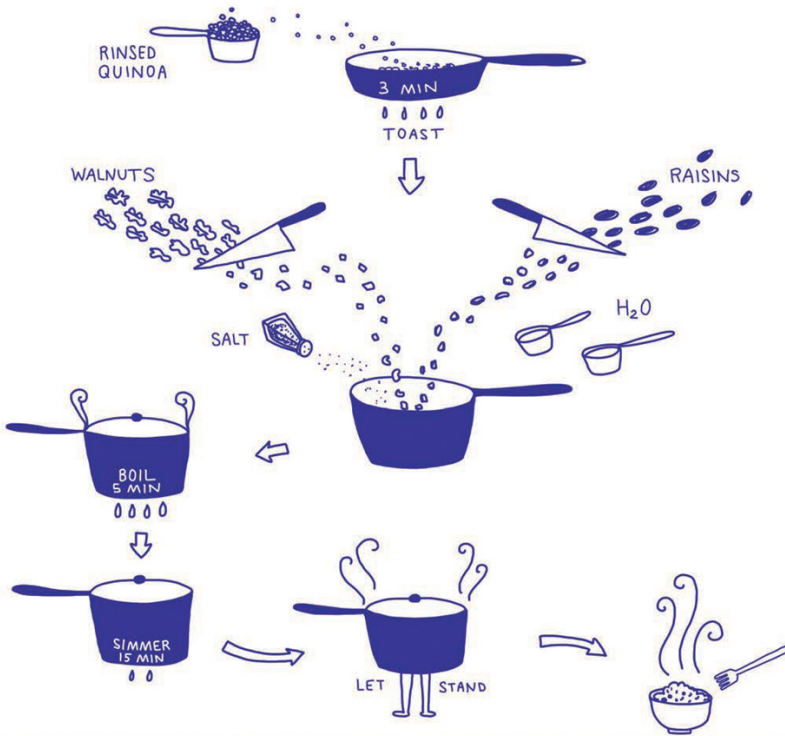
1 CUP BUTTER

1/4 CUP WHOLE MILK
AT ROOM TEMP

1/4 CUP CREAM
AT ROOM TEMP

SALT
TO TASTE

NUTTY QUINOA



2 CUPS
H₂O

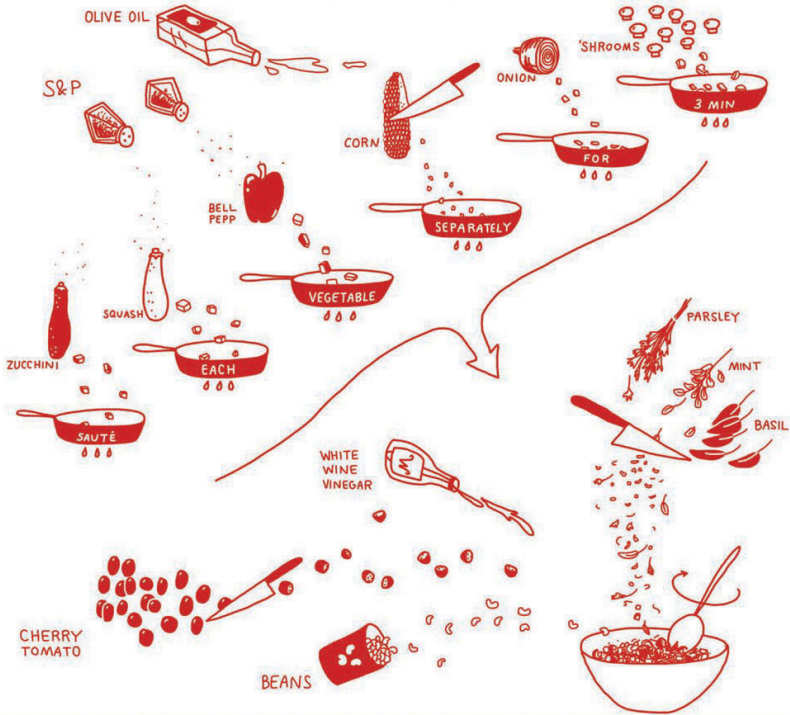
3/4 CUP
WALNUTS

3/4 CUP
RAISINS

1 CUP
QUINOA

DASH
OF SALT

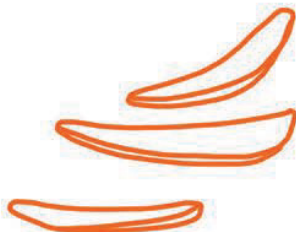
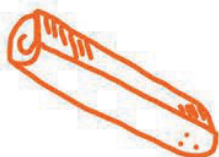
SUCCOTASH



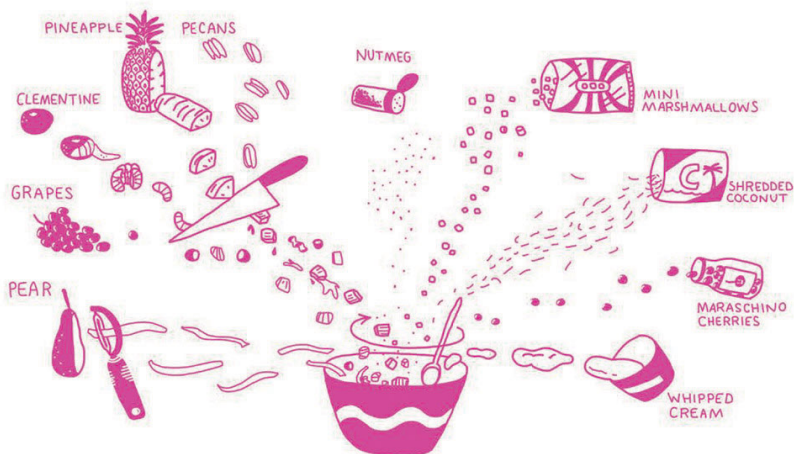
											
1/2 ONION	1 ZUCCHINI	1 YELLOW SQUASH	1 BELL PEPP	1 EAR CORN	1 CUP MUSHROOMS	2 CUPS CHERRY TOMATO	HANDFUL BASIL	HANDFUL PARSLEY	HANDFUL MINT	1 CUP WHITE WINE VINEGAR	15 OZ BEANS ANY KIND

IDEA FOR YOU:

USE A VEGETABLE PEELER
NOT JUST FOR PEEL REMOVAL
BUT ALSO AS A TOOL TO SLICE
CARROTS, RAW BEETS, PEARS
AND OTHER STUFF VERY THIN.
GOOD FOR TOPPINGS ON
SALADS, OATMEAL, SOUP
& RICE.



AUNT ANN'S AMBROSIA



LET STAND



ONE HOUR



1 CUP
GRAPES



3
CLEMENTINES



1 CUP
PINEAPPLE

OR



1 PEAR



1/2 CUP
PECANS



2 TSP
NUTMEG



2 CUPS MINI
MARSHMALLOWS



2 CUPS
SHREDDED
COCONUT

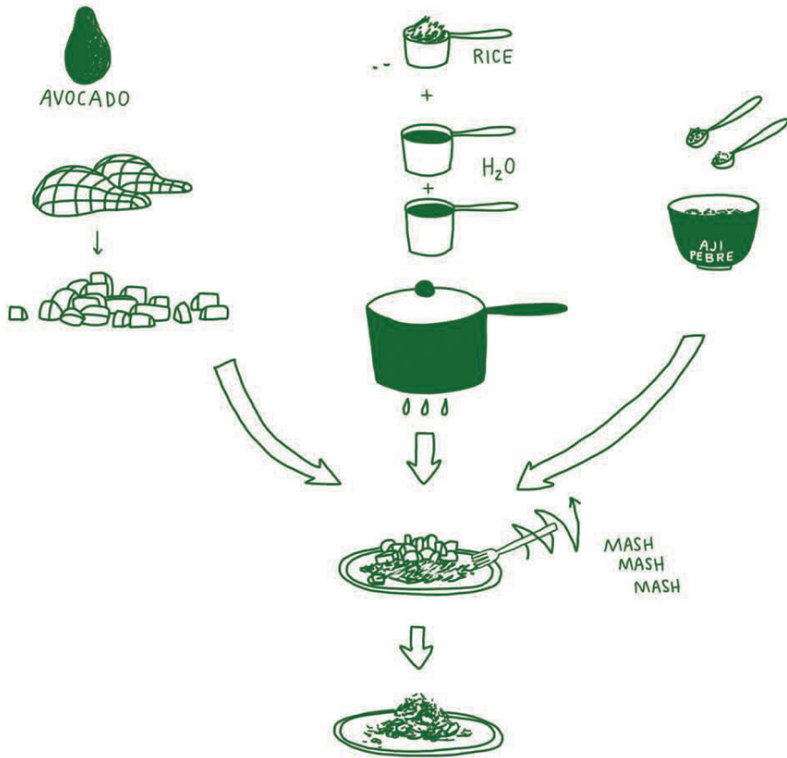


ABOUT 10
MARASCHINO
CHERRIES



1 CUP
WHIPPED
CREAM

JOSÉ'S RICE



1 AVOCADO



1 CUP RICE
(UNCOOKED)

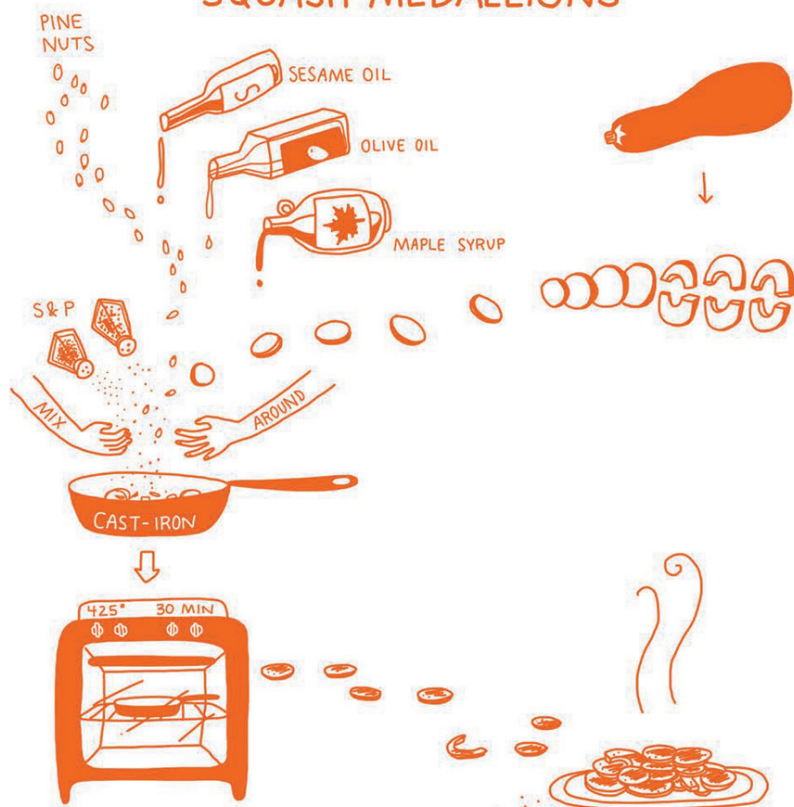


2 CUPS
H₂O



2 TBS AJI PEBRE
(SEE PAGE 80)

SQUASH MEDALLIONS



1 TSP
OLIVE OIL



2 TBS
SESAME
OIL



2 TBS
MAPLE
SYRUP



ANY TYPE
OF WINTER
SQUASH

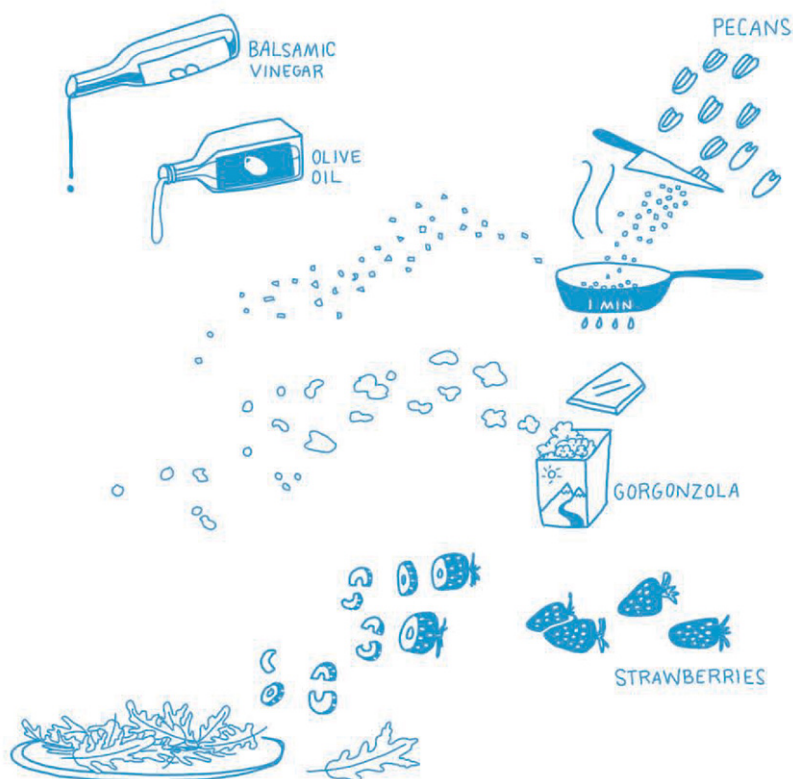


HANDFUL
OF PINE
NUTS



SALT &
PEPPER

AURORA'S ARUGULA SALAD



OLIVE OIL



BALSAMIC VINEGAR



5 HANDFULS ARUGULA



10 OR SO STRAWBERRIES

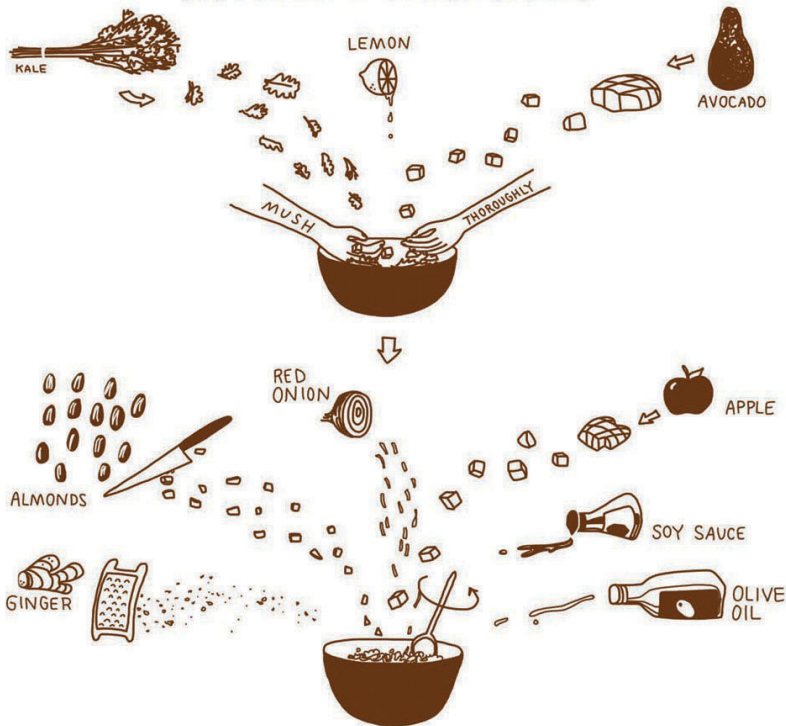


HANDFUL GORGONZOLA CHEESE



BIG HANDFUL PECANS

CHELSEA'S KALE SALAD



1/2 BUNCH
KALE



1/2 LEMON



1 AVOCADO



4 TBS
GINGER



BIG HANDFUL
ALMONDS



1/3 RED
ONION



ANY TYPE
OF APPLE



2 TBS
SOY SAUCE



1 TBS
OLIVE OIL

PANZANELLA



OLIVE
OIL



CUCUMBER



4 CLOVES
GARLIC



SEA
SALT



CUCUMBER



SHALLOTS



TOMATOES



SHERRY OR
SEA VINEGAR



PINCH
SUGAR



HANDFUL
BASIL



HANDFUL
MINT



HANDFUL
CHIVES

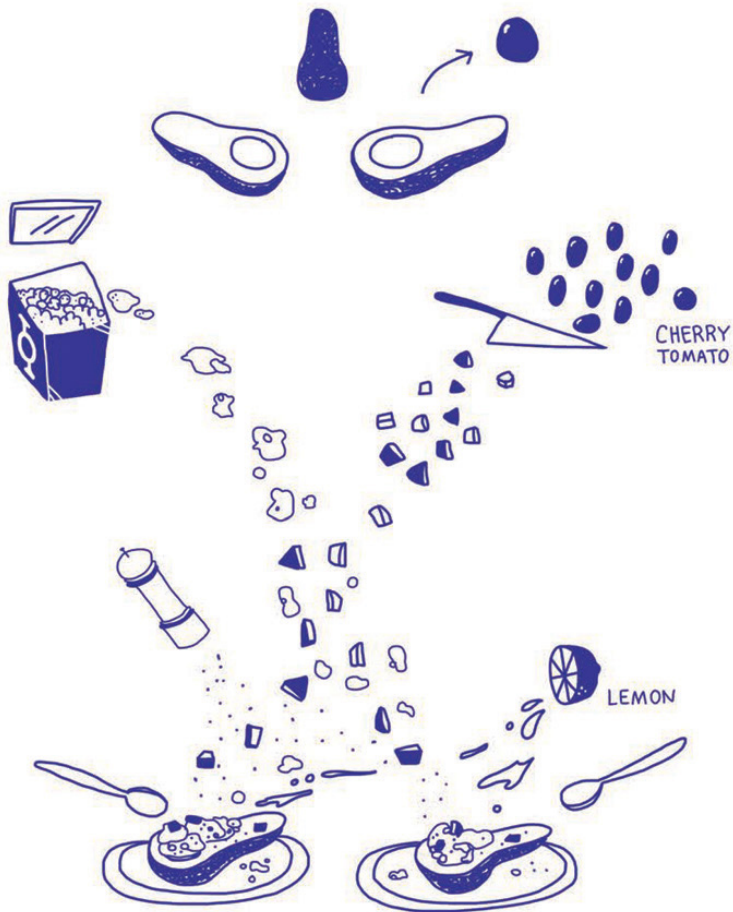


PEPPER



FAST SNACKS

MOM'S AVOCADO & FETA SNACK



1/2 AVOCADO
PER SNACKER



HANDFUL
CHERRY
TOMATOES



1/2 LEMON

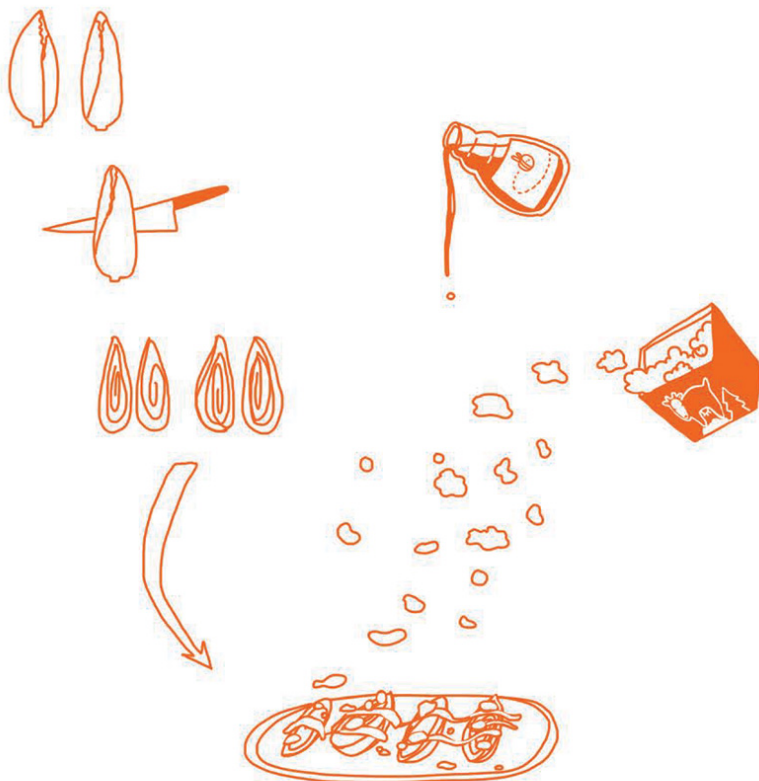


HANDFUL
FETA



PEPPER

ENDIVE, HONEY & GOAT CHEESE SNACK



2 ENDIVES
PER SNACKER

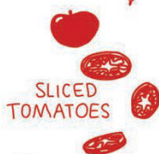


HANDFUL
GOAT CHEESE



HONEY

THOUGHTS ON PIZZA



MOST



PIZZERIAS



SELL





STRAWBERRY, HONEY & BASIL SNACK



HANDFUL
STRAWBERRIES



SEA
SALT



HONEY
(PREFERABLY RAW)



HANDFUL
FRESH BASIL

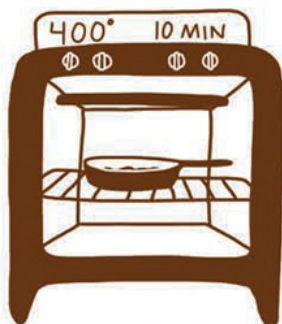
KRISPY KALE



S&P



OLIVE OIL



2 HANDFULS
KALE

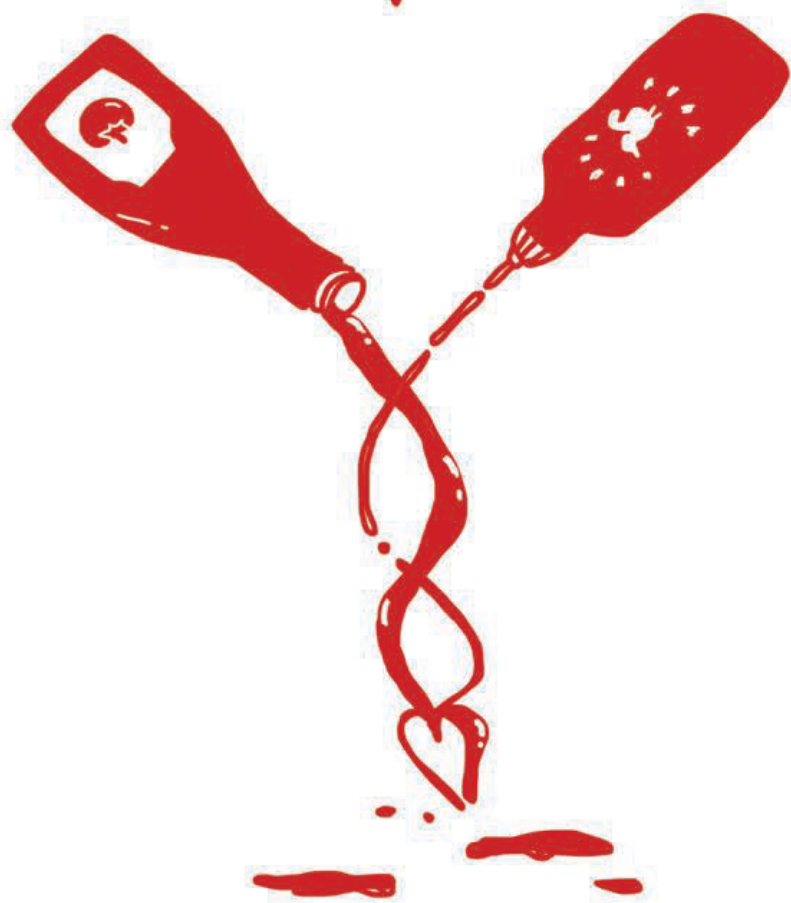


SALT &
PEPPER



1 TBS
OLIVE OIL

WHY NOT
MIX A LITTLE
SRIRACHA IN
YOUR KETCHUP?



SWEET POTATO FRIES



2 TBS
OLIVE OIL



KETCHUP



SRIRACHA



1 SWEET
POTATO



1 TSP
CAYENNE



1 TSP
CINNAMON

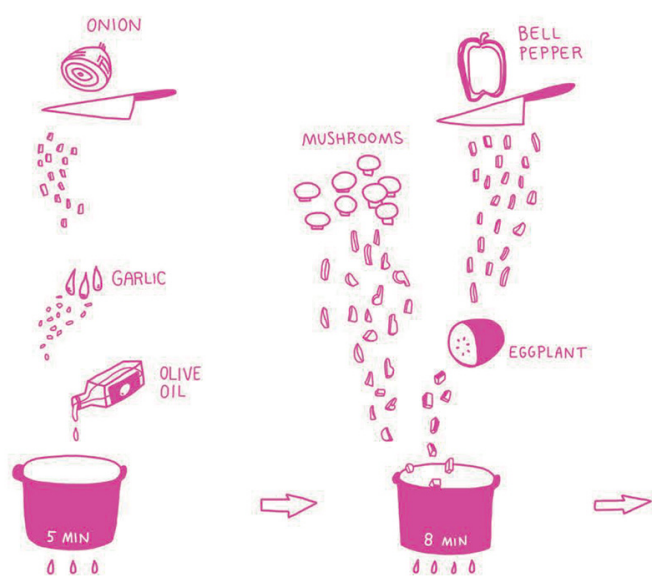


SALT &
PEPPER

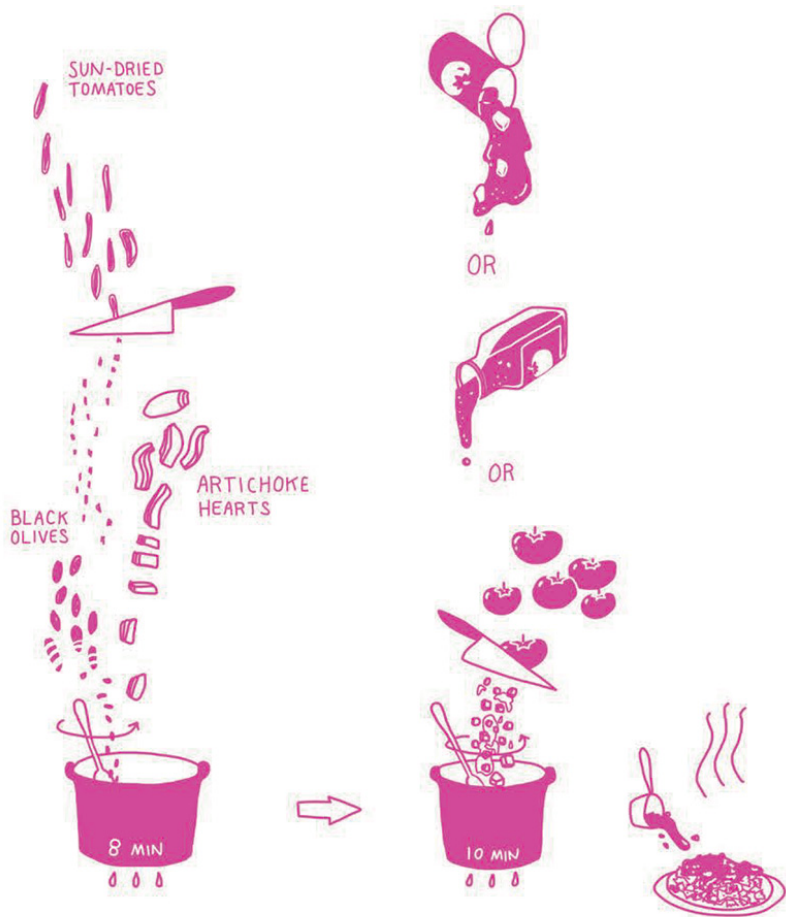


SAUCES & DIPS

ZINGY TOMATO SAUCE



- OLIVE OIL
- 3 CLOVES GARLIC
- 1/2 ONION
- 2 CUPS MUSHROOMS
- 1/2 BELL PEPPER
- 1/2 EGGPLANT



HANDFUL
SUN-DRIED
TOMATOES



HANDFUL
ARTICHOKE
HEARTS



HANDFUL
BLACK
OLIVES



1 LB
TOMATOES



OR
16 OZ
DICED
TOMATOES



OR
16 OZ.
TOMATO
SAUCE

PESTO SAUCE



5 HANDFULS
BASIL



1 CUP
PINE NUTS



3 CLOVES
GARLIC



2 CUPS
PARMESAN



3 TBS
OLIVE OIL



SPLASH
H₂O



PEPPER

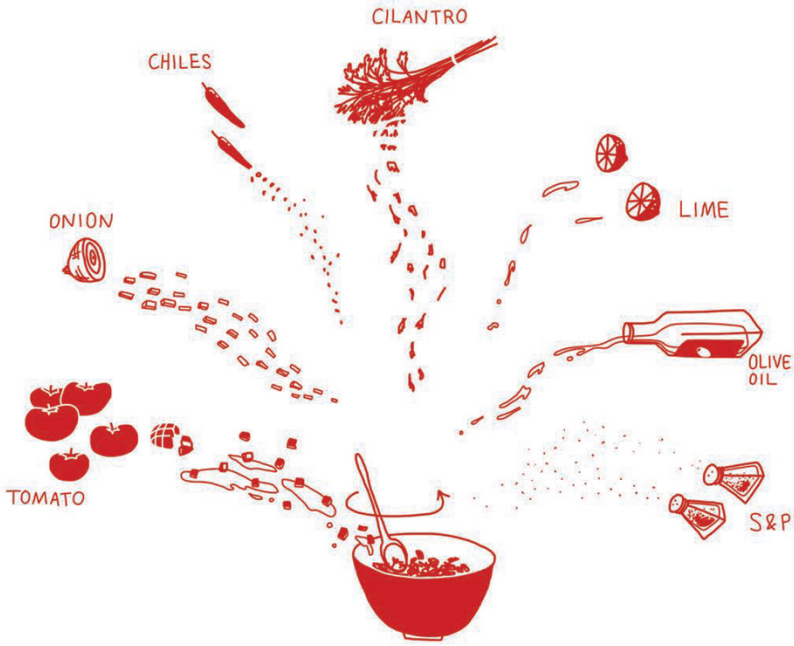
YOU CAN MAKE SO MANY
VARIATIONS OF PESTO.

INSTEAD OF BASIL, TRY SPINACH,
NETTLES, ARUGULA OR RADISH GREENS.

INSTEAD OF PINE NUTS,
TRY PISTACHIOS, WALNUTS,
PUMPKIN SEEDS OR CASHEWS.



AJI PEBRE



8 OR SO
TOMATOES



1/4
YELLOW
ONION



2 HOT
CHILES



1 BUNCH
CILANTRO



2 LIMES

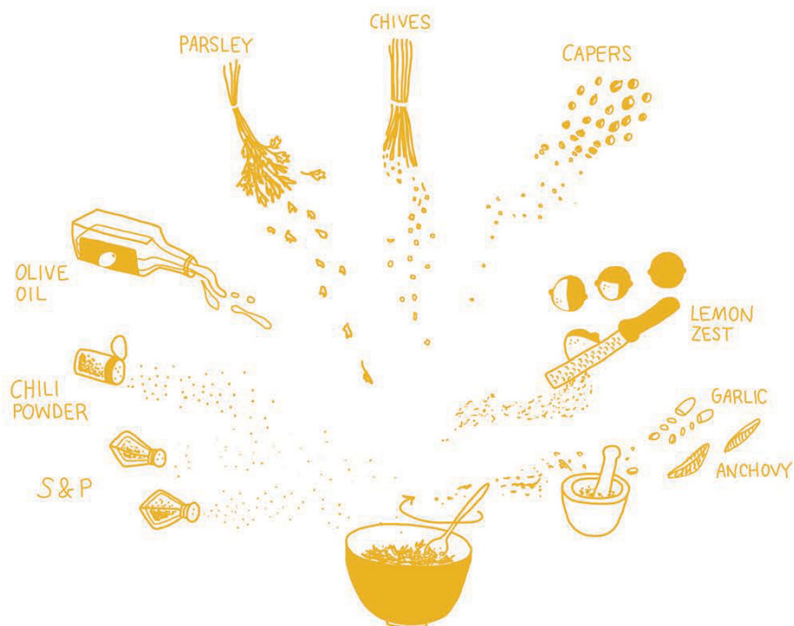


3 TBS
OLIVE OIL



SALT &
PEPPER

NICK'S SALSA VERDE



SALT & PEPPER



DASH OF CHILI POWDER



2 TBS OLIVE OIL



HANDFUL PARSLEY



HANDFUL CHIVES



ABOUT 20 CAPERS



ZEST OF 4 LEMONS

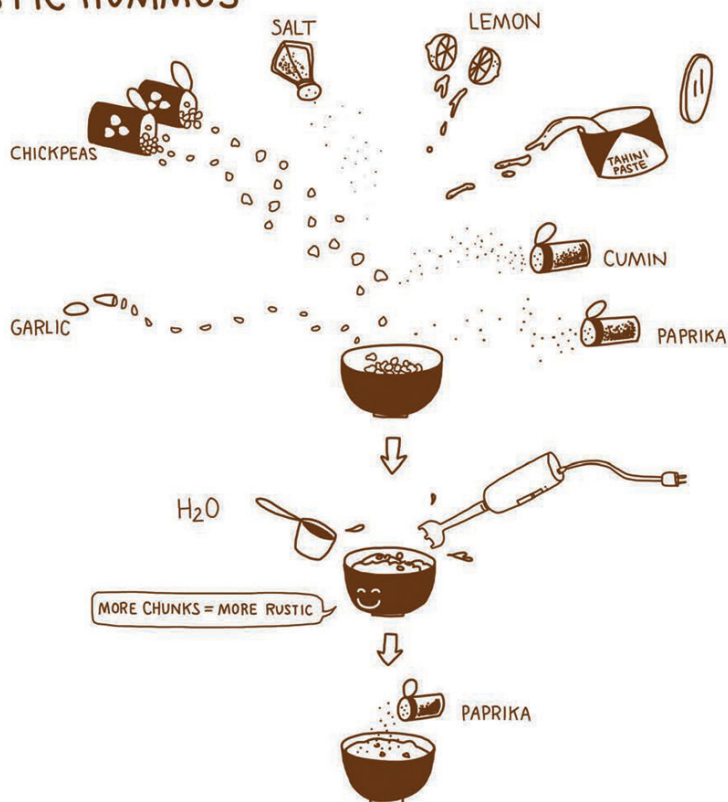


2 CLOVES GARLIC



2 ANCHOVY FILLETS

RUSTIC HUMMUS



1 CLOVE
GARLIC

30 OZ
CHICKPEAS,
RINSED



SALT



1 LEMON



1 CUP
TAHINI
PASTE



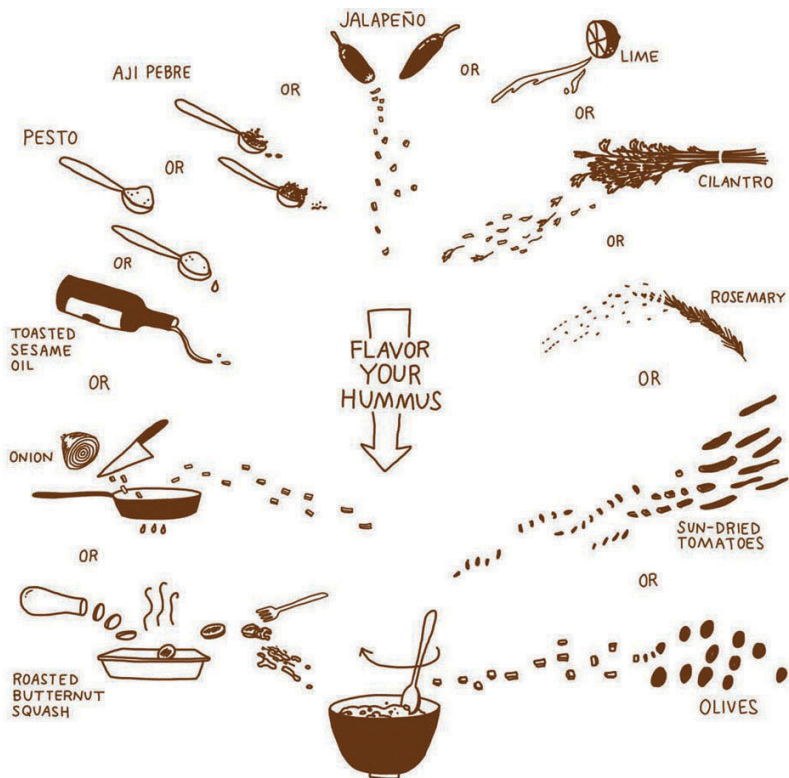
DASH OF
CUMIN



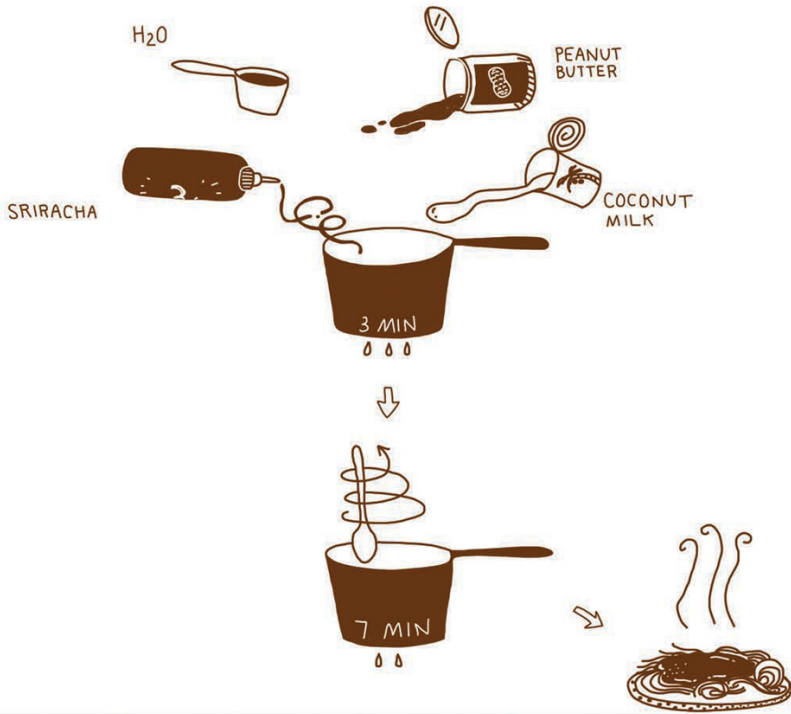
2 DASHES
PAPRIKA,
DIVIDED



BIG SPLASH
H₂O



CHEATING PEANUT SAUCE



1 TBS
SRIRACHA

1 CUP
H₂O

3 TBS SMOOTH
PEANUT
BUTTER

14 OZ
COCONUT
MILK

THOUGHTS ON RAITA



BOWL OF



PLAIN



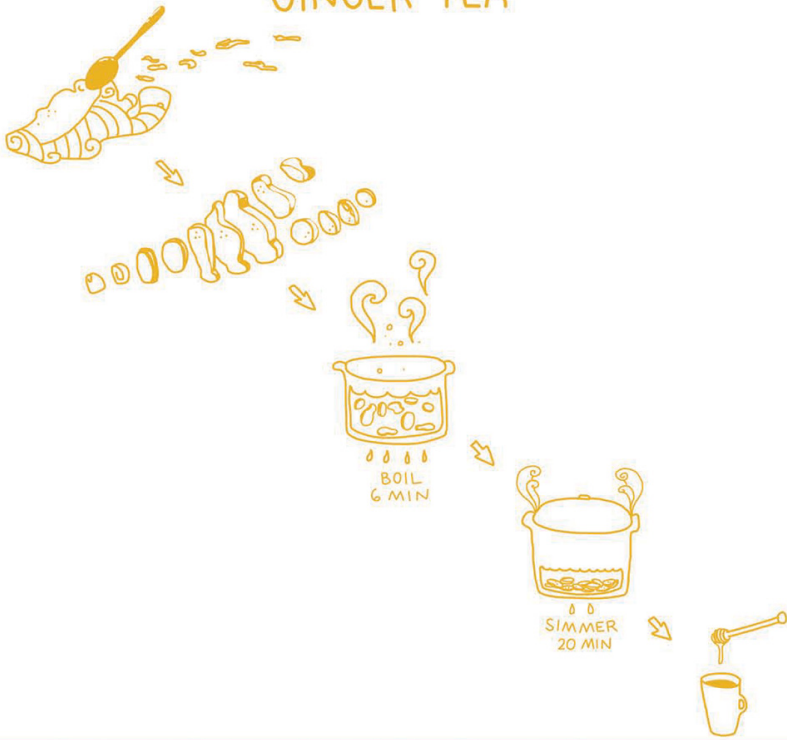
YOGURT





DRINKS

GINGER TEA



1 HAND
GINGER

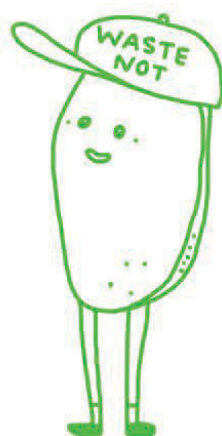


ABOUT
7 CUPS H_2O

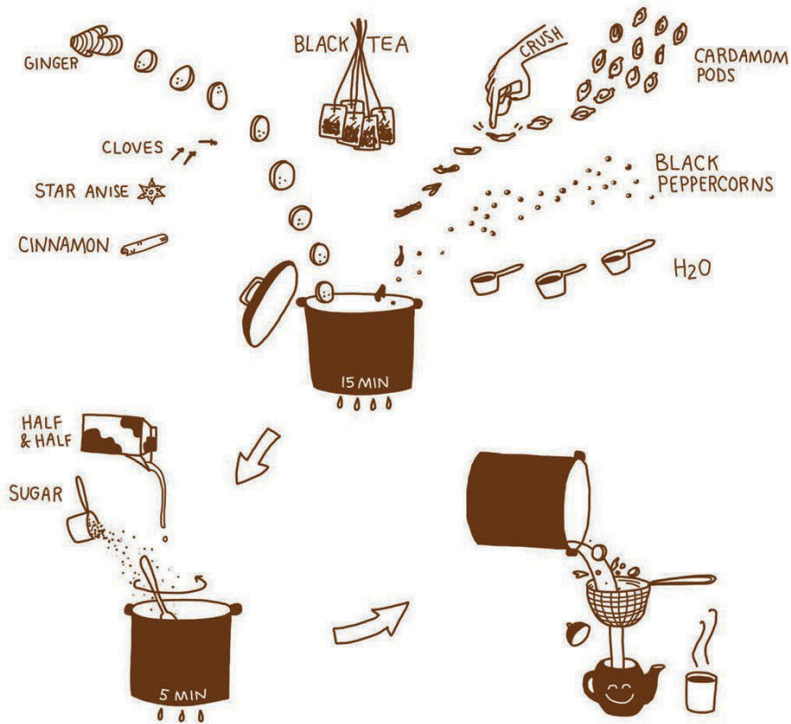


HONEY

AFTER YOU'VE ENJOYED
YOUR TEA, TURN THE
LEFTOVER GINGER SLICES
INTO CANDIED GINGER.
INSTRUCTIONS ON
PAGE 102.



ACTUAL CHAI



1 STICK
CINNAMON



1 STAR
ANISE



3
CLOVES



1/2 HAND
GINGER



ABOUT 5
BAGS
BLACK TEA



BIG HANDFUL
CARDAMOM
PODS



1 TBS
WHOLE BLACK
PEPPERCORNS



3 CUPS
H₂O



2 CUPS
HALF & HALF



1/2 CUP
SUGAR

SUN TEA



1 HOT
SUMMER DAY



BIG JAR WITH
LID, FILLED
WITH H₂O



3 TO 5
TEA BAGS



1
LEMON



1 SPRIG
MINT

CLASSIC NYC EGG CREAM



1/4 GLASS
WHOLE MILK

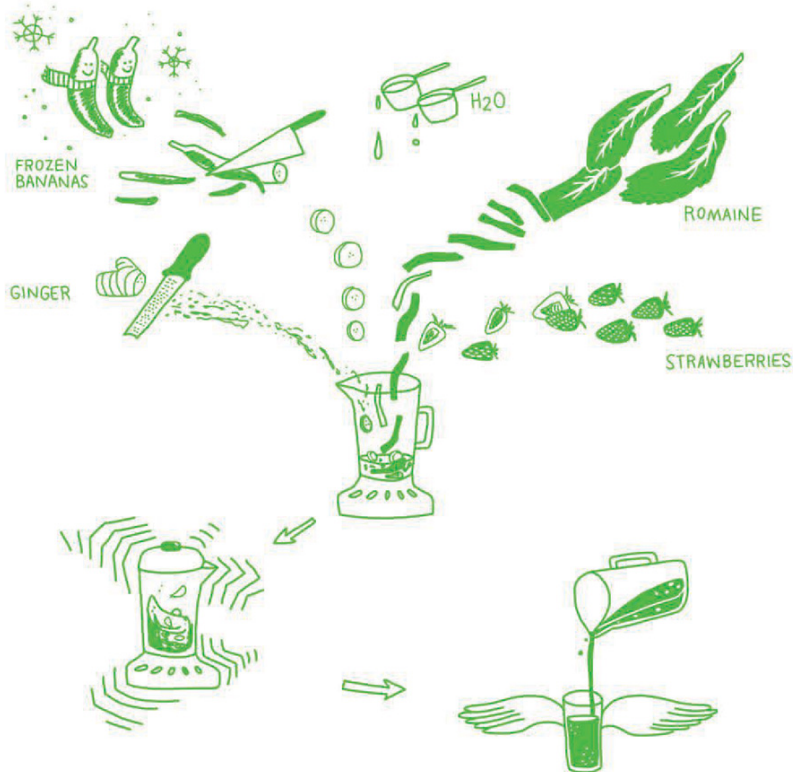


1/2 GLASS
SELTZER



2 TBS
CHOCOLATE SYRUP

IMMORTALITY SMOOTHIE



1 TBS GRATED
FRESH GINGER



2 FROZEN
BANANAS



2 CUPS
H₂O



8-ISH LEAVES
GREEN ROMAINE
LETTUCE

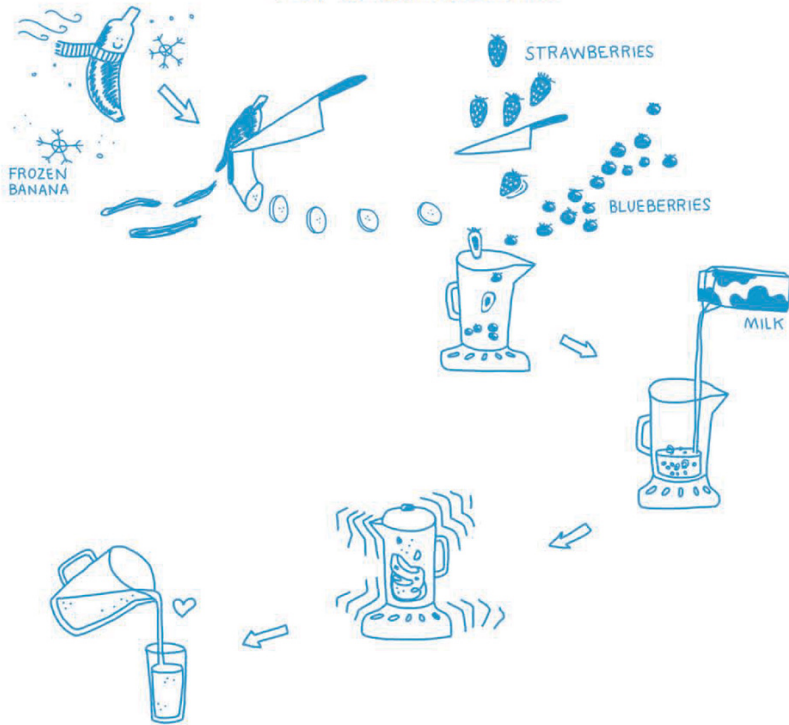


HANDFUL
STRAWBERRIES
WITH STEMS

IDEA FOR YOU:
TRY COCONUT MILK
OR YOGURT INSTEAD
OF MILK IN YOUR
SMOOTHIE FOR TANGY
FLAVOR.



POP'S SMOOTHIE



1 FROZEN
BANANA



1 CUP
STRAWBERRIES
WITH STEMS



1/2 CUP
BLUEBERRIES

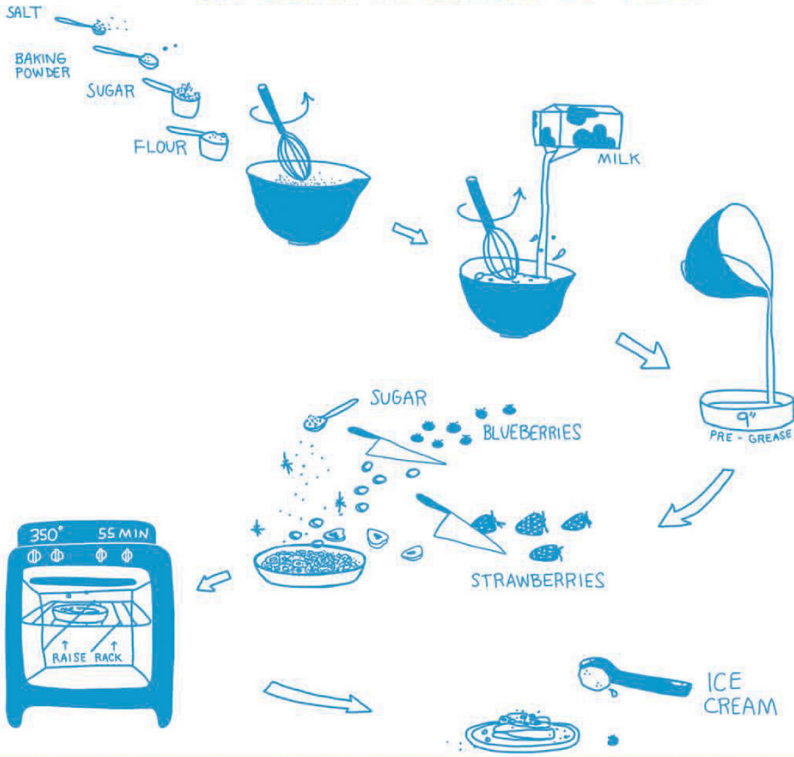


2 CUPS
MILK



DESSERT

STACEY'S BLUEBERRY COBBLER



PINCH
SALT



1 TSP
BAKING
POWDER



3/4 CUP SUGAR,
PLUS 1 TBS
FOR SPRINKLIN'



3/4 CUP
FLOUR



3/4 CUP
SKIM MILK



2 CUPS
STRAWBERRIES



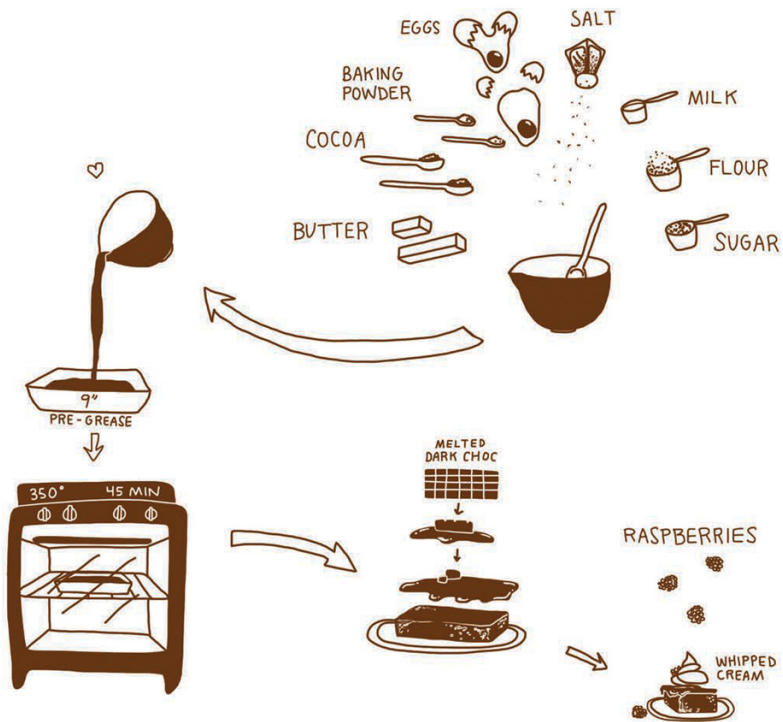
2 CUPS
BLUEBERRIES



VANILLA
ICE CREAM

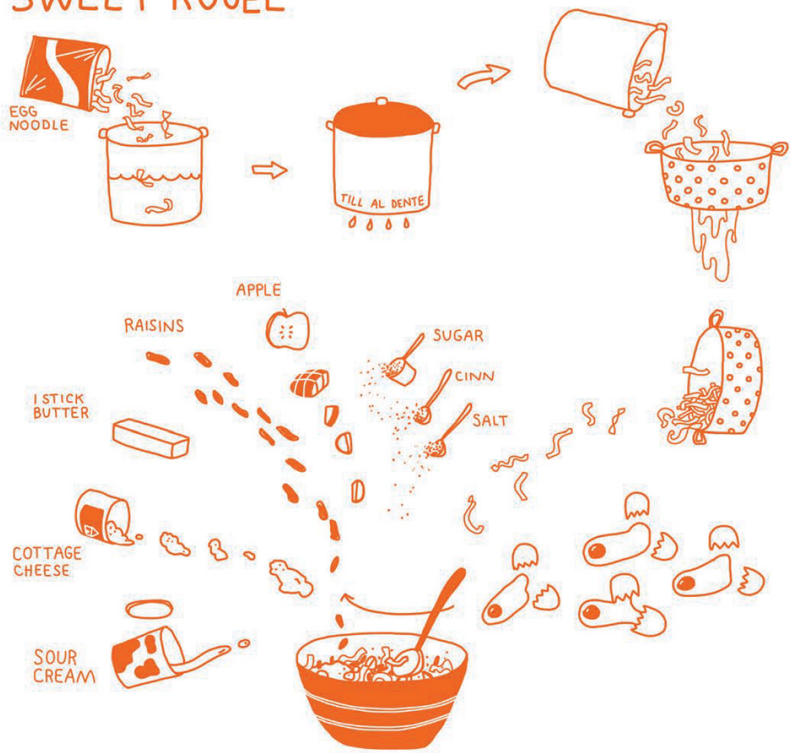
RUPERT'S CHOCOLATE CAKE

RUPERT'S CHOCOLATE CAKE



1 1/2 STICKS BUTTER	2 TBS COCOA POWDER	2 TSP BAKING POWDER	2 EGGS	PINCH SALT	1 CUP MILK	1 CUP FLOUR	1 CUP SUGAR	DARK CHOCOLATE BAR, WHIPPED CREAM & RASPBERRIES

SWEET KUGEL



- | | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 BAG
EGG NOODLES | 2 CUPS
SOUR CREAM | 1/4 CUP
COTTAGE
CHEESE | 1 1/2 STICKS
BUTTER | 1 CUP
RAISINS | 1 GALA
APPLE |

1/2 STICK
BUTTER

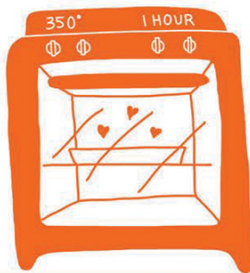


BROWN
SUGAR



CRUSH

CORNFLAKES



1/4 CUP
WHITE SUGAR



1 TSP
CINNAMON



1 TSP
SALT



4 EGGS

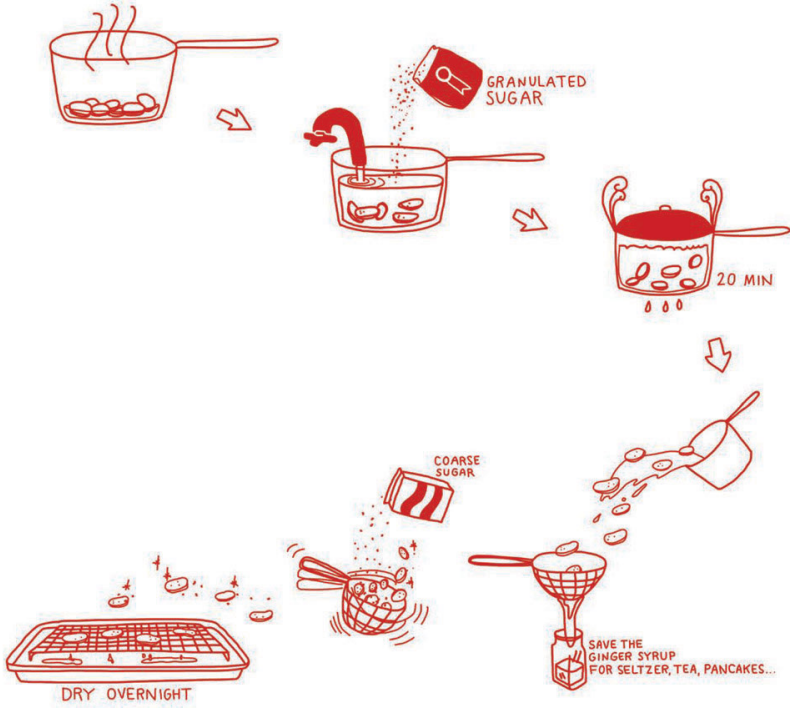


1/2 CUP
BROWN SUGAR



2 CUPS
CORNFLAKES

CANDIED GINGER



POT OF
GINGER TEA
LEFTOVERS



REFILL POT
WITH H₂O

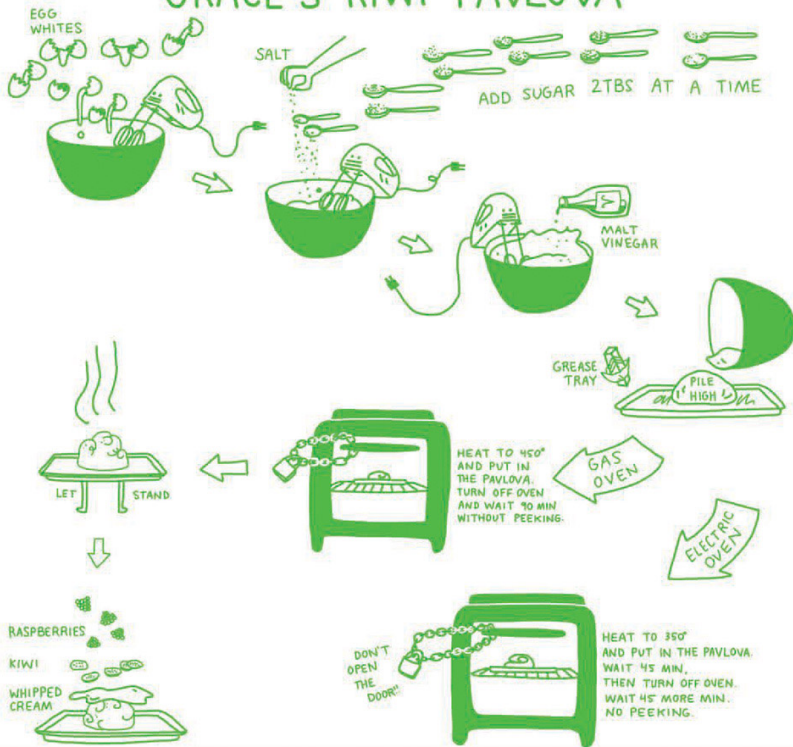


2 CUPS
GRANULATED
SUGAR



COATING OF
COARSE SUGAR

GRACE'S KIWI PAVLOVA



6 EGG WHITES



PINCH SALT



1/2 TBS SUGAR



2 TBS MALT VINEGAR



BUTTER



2 HANDFULS RASPBERRIES

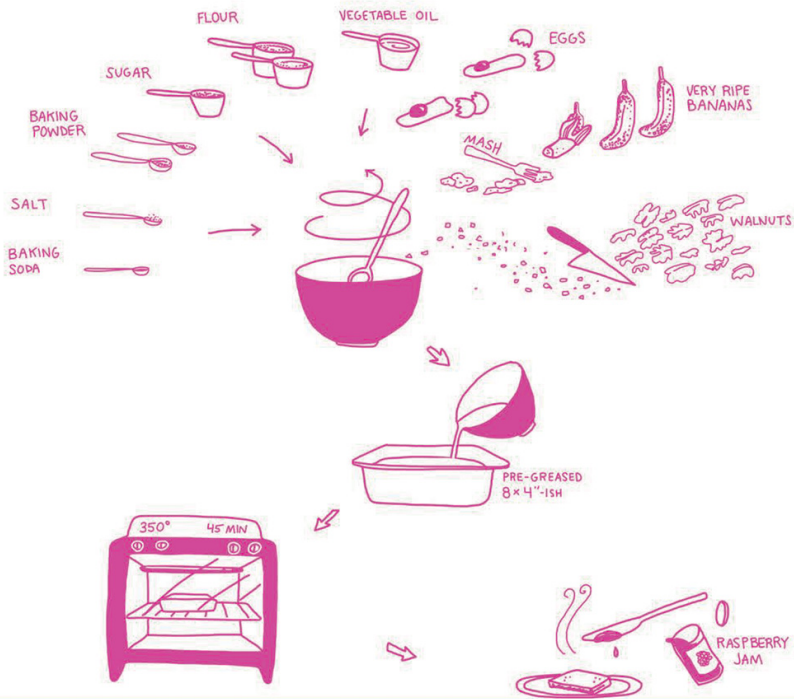


4 KIWIS



WHIPPED CREAM

BANANA BREAD



1/4 TSP
BAKING
SODA



1/2 TSP SALT



2 TSP
BAKING
POWDER



2/3 CUP
SUGAR



1 3/4 CUPS
FLOUR



3/4 CUP
VEGETABLE
OIL



2 EGGS



3 VERY RIPLE
BANANAS

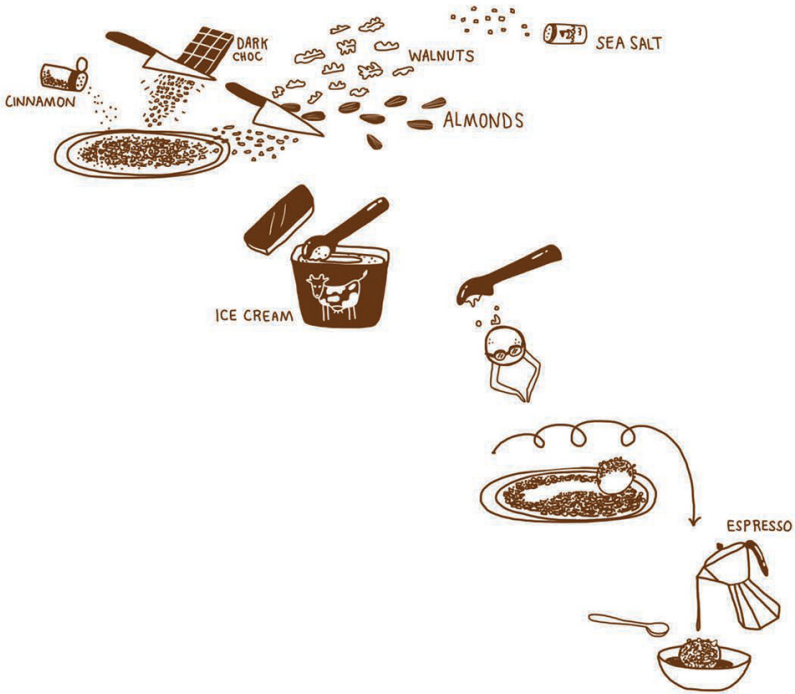


1 CUP
CHOPPED
WALNUTS



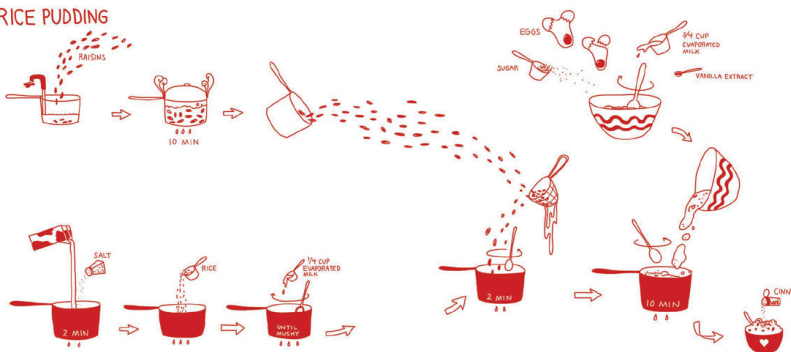
RASPBERRY
JAM

AFFOGATO



 CINNAMON
  1/4 BAR DARK CHOCOLATE
  HANDFUL WALNUTS
  HANDFUL ALMONDS
  SEA SALT
  VANILLA ICE CREAM
  HOT ESPRESSO OR COFFEE

RICE PUDDING



 1 CUP RICE
  1/2 TSP SALT
  1 CUP MILK
  1/2 CUP SUGAR
  1 TSP VANILLA EXTRACT
  1 TSP CINNAMON

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- DAIRY-FREE RECIPES
- NO SUGAR ADDED RECIPES



ABOUT THE AUTHOR

KATIE SHELLY IS A MEDIA DESIGNER AIMING TO MAKE YOUR LIFE SIMPLER, EASIER AND HAPPIER. SHE HOPES THAT YOU GET LOTS OF MILEAGE OUT OF THE RECIPES IN THIS BOOK AND THEY MAKE YOU AND YOUR LOVED ONES VERY HAPPY. KATIE WORKS AT THE COOPER HEWITT MUSEUM IN NEW YORK CITY AS A GRAPHICS AND VIDEO PRODUCER. SHE ALSO FREELANCES IN GRAPHIC DESIGN, ILLUSTRATION, AND ANIMATION. SHE WENT TO WESLEYAN UNIVERSITY, WHERE SHE DID THE LIBERAL ARTS THING AND TOTALLY LOVED IT. FOLLOW HER ON TWITTER [@interKatie](#).



KATIE WOULD LIKE TO SAY THANKS TO:

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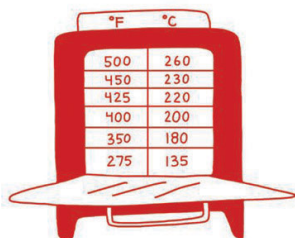
MOM & DAD, ANNIE & BILLY



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HANDY METRIC CONVERSIONS



1 TSP WATER = 5ml

1 TBS WATER = 15ml

$\frac{1}{4}$ CUP WATER = 60ml

$\frac{1}{2}$ CUP WATER = 120ml

1 CUP WATER = 240ml



1 CUP OATS = 85g

1 CUP RAW MUSHROOMS = 100g

1 CUP WALNUTS = 128g

1 CUP RAISINS = 165g

1 CUP COOKED RICE = 175g

1 CUP UNCOOKED RICE = 185g

2 oz = 57g

7 oz = 198g

24oz = 680g

32oz = 907g

1 TSP FLOUR = 3g

1 TBS FLOUR = 9g

1 CUP FLOUR = 150g

1 TSP SUGAR = 4g

1 TBS SUGAR = 12g

1 CUP SUGAR = 200g



1 STICK BUTTER = 114g



= 227g